**Loreto Crumlin Wellbeing.**

Dear all,

Hope everyone had a good weekend?

Here are some links to short, easy to do physical/mental activities.

Remember to prioritise your physical and mental wellbeing at the moment.

* **Yoga 20minutes:** <https://www.youtube.com/watch?v=LY_a5Rr6aUo>
* **Jo Wicks PE classes ( you can click on everyday for a program).**

[**https://www.youtube.com/watch?v=Rz0go1pTda8**](https://www.youtube.com/watch?v=Rz0go1pTda8)

* Mindfulness mountain mediation:

<https://mindfulness.ie/portfolio-items/mountain-meditation-with-fiona-odonnell-15-mins/>

* **Department of Education guidelines :** <https://www.education.ie/en/The-Department/Announcements/talking-to-children-and-young-people-about-covid-19-coronavirus-advice-for-parents-and-schools.pdf>

