



Focus on... PSHE

#89

On this day...

Today is World Kindness Day! It is a designated day to pause and consciously reflect on times when we have been shown kindness, and think about ways in which we can treat others kindly.

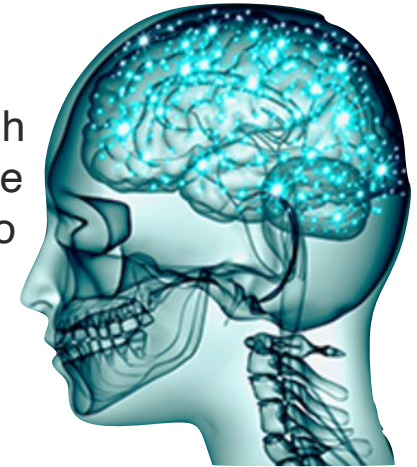
"Always be a little kinder than necessary."

- JAMES M. BARRIE



Did you know...

When we touch something, we send messages to our brain at 200 km/h.



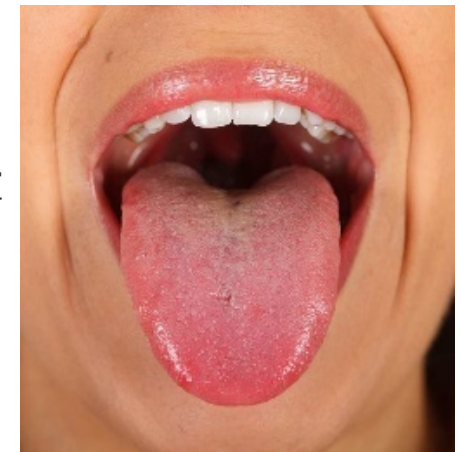
Go explore...



You are about 1cm taller in the morning than in the evening. Test it!

Picture this...

There are more bacteria in your mouth than there are people in the world.



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