



In January, we have begun having a weekly visit from Hope, our therapy dog. It was lovely to see her. Some of us have been very excited and learning how to be gentle with Hope. Others of us have felt a bit anxious about seeing her, but we have been getting braver, going a little bit closer or stroking her for a little bit longer.

We have also begun doing Yoga on a Friday. We have all enjoyed this and everyone has done really well at learning new positions. We have been working on balance with the tree pose, either standing, on our knees or in a chair. We have also learned poses connected to a number of different animals. At the end we do some relaxation, listening to sounds or with different lights. We have been practicing breathing in through our nose and out through our mouths, and this has helped us to feel calm.

In Geography we have been learning about where Africa can be found on a map, about the points of a compass and about where the river Nile can be found. In the next few weeks we will be looking closer at the Nile, where it goes, what it looks like at the source and the mouth, and what it is used for by the people and animals who live near it.

In Computing, we have been using the Beebots to practice our programming skills. We started with forwards and backwards and we have now moved on to making them turn. We have all been getting very good at remembering to clear them so that they follow instructions!