

Justice

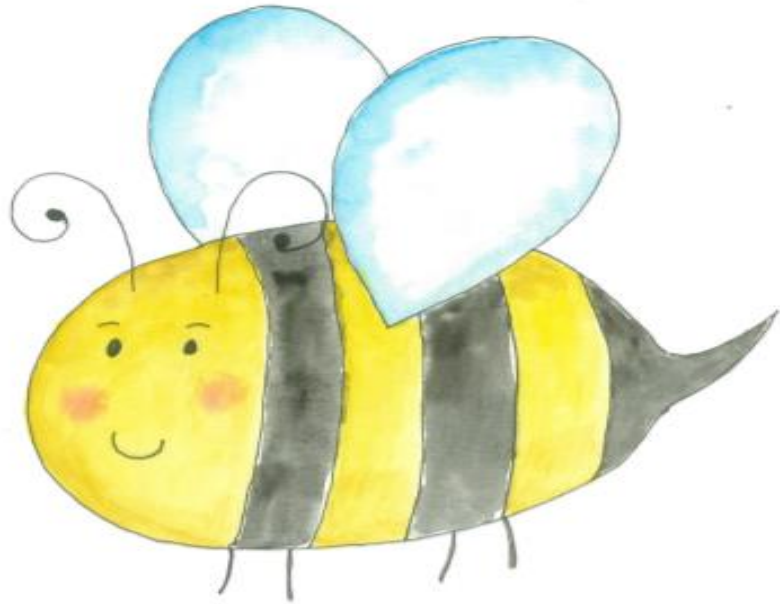
Time to listen

<https://www.youtube.com/watch?v=knZyzhMNeP0>

Concierto de  
Aranjuez

Joaquin Rodrigo

# Just breathe



## BUZZY BEE BREATHS

© CALM AHOY KIDS

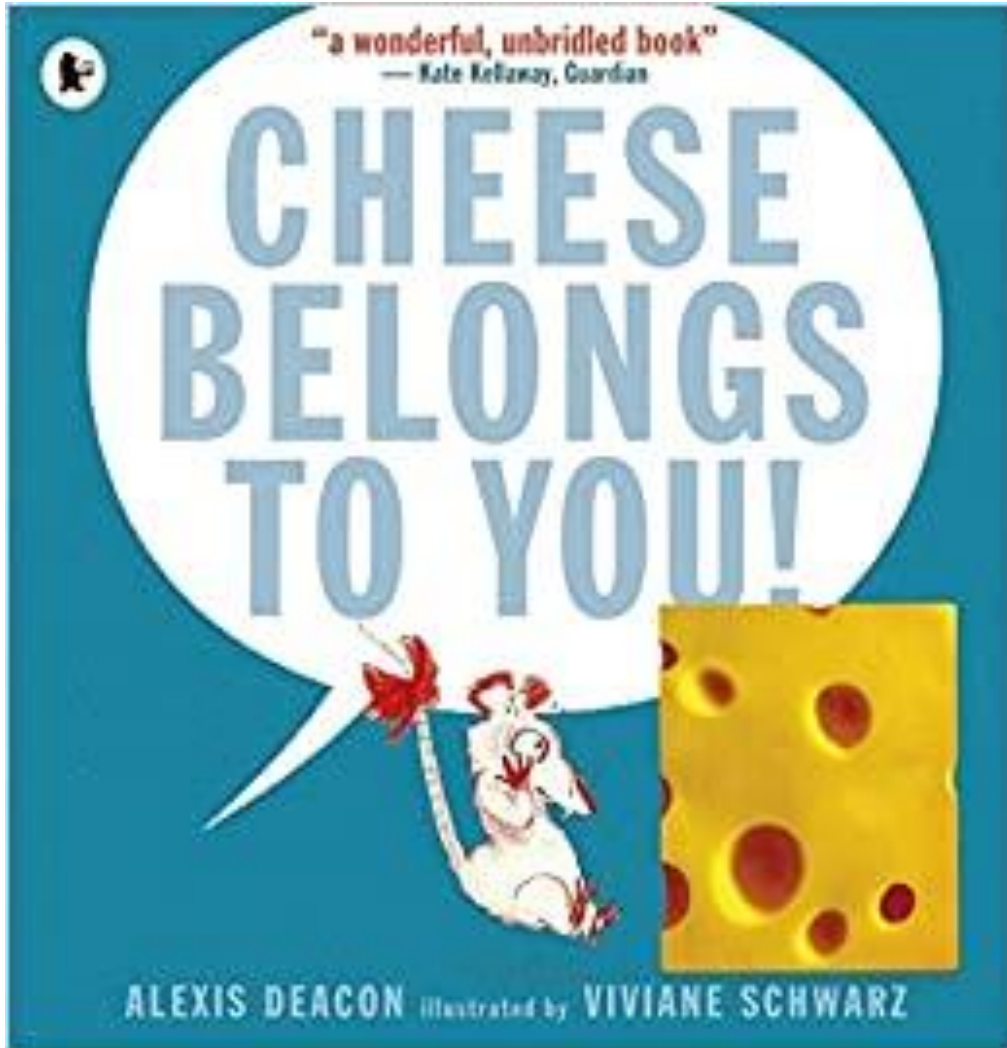
1) TAKE A SLOW, DEEP BREATH IN THROUGH YOUR NOSE BEFORE EXHALING OUT TO "HUMMMMMM," AS LONG AS POSSIBLE.

2) TRY IT AGAIN, BUT THIS TIME IF YOU FEEL COMFORTABLE CLOSE YOUR EYES. NOTICE THE VIBRATION CREATED ON YOUR LIPS.

3) TRY THE SAME BREATH AGAIN WITH YOUR EARS BLOCKED WITH YOUR HANDS AND FOCUS ON THE HUMMING SOUND.

© CALM AHOY KIDS

# Cheese belongs to you



According to rat law, if you found it, you own the cheese?

But if someone bigger wants it, it's theirs... but what if there's a scarier rat who wants it?

Who gets the cheese?

# Reflection

We all have a sense of  
what is fair and what is  
unfair...

We all know what it's  
like for things to feel  
unfair...

Think about how you will  
try to act fairly in  
everything you do  
today...

Help us all to think of  
others...

To treat them fairly...

And to help when we see  
them treated unfairly.