

Alive



“Live in the sunshine, swim the sea, drink the wild air.”

Ralph Waldo Emerson

- May is often the sunniest month in the UK, the days are noticeably longer and warmer - a perfect time to be outside and embrace life!
- What makes your life feel fuller and more meaningful? Wild swimming may not be your thing (!), but do you have an equivalent? Something that helps you feel more alive?
- What would help you to engage with life, rather than simply observing it from a distance?
- How can we create rich and meaningful experiences for our children and young people, to help them live life to the full? They will flourish when they feel safe and valued and when we give them the confidence to try new things.
- Are our classrooms creative spaces where pupils can explore and use their imaginations? Are we modelling joy, curiosity and a zest for life?

