



Newsletter #4

Shi Wan NET Post

A Day in the Life of NETs

By Mr. Duncan, Miss Greta and Mr. William

Mr. Duncan



In the morning, I practice mindfulness and read a book. Mindfulness helps me to be calm. Then, I eat porridge with berries and cream for breakfast! After that, I work on my laptop.

In the afternoon, I walk my dogs outside. When I get home, I eat lunch. I like to eat salad. It is healthy and yummy!



In the evening I like playing board games with my sister. Our favourite board game is chess! Sometimes, I read a book again or do some writing.

Miss Greta

In the morning, I take my dog for a long walk in the park! Look at the pretty, green grass.



Then, I like to do my work and mark all of your homework!



In the evening, I like to bake some sweet treats with my friends. My favourite things to bake are cakes and cookies!



In the afternoon I like to go for a bike ride! Exercise and being outside in the sun are important.



Mr. William

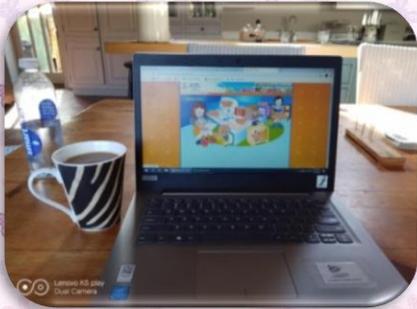
I wake up in the morning and I cook breakfast. I like to eat fried eggs and avocado on toast. I also have orange juice to drink.



In the evening, I walk to the river with my family. This is my mum. She loves walking because it can help us relax and it is a good time to practice mindfulness.



Then, I mark your homework on my laptop! I like to drink tea when I work on my laptop.



After lunchtime, I like to play tennis with my sister in my village. It is important to move your body every day for at least 30 minutes!



Question Time!

Try to answer the questions with your parents, brother or sister!

1. What does Mr. William drink with his breakfast?

2. What makes Mr. Duncan calm?

3. What are Miss Greta's favourite things to bake?

4. Which NET does NOT walk their dog?

1. Orange juice
2. Mindfulness
3. Cakes and cookies
4. Mr. William

Answers:



thank you!