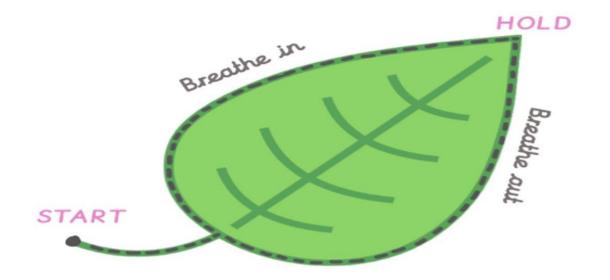
Respect

Who do you respect and why?

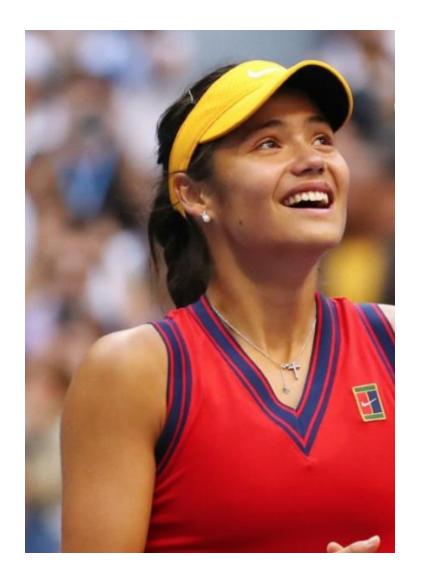
Breathe

Leaf Breathing

Imagine all the leaves on a big, tall tree.



Use your pointy finger to slowly trace around the leaf.
Breathe in through your nose and out through your mouth.





Amazing Facts about Emma...

- She is the youngest ever Briton to win a Grand Slam title.
- Emma is the first British female tennis player to win a Grand Slam in 44 years.
- Two weeks ago, Emma had a flight home booked as she wasn't sure if she would get past the qualifying stages of the tournament.
- Emma has just completed her A-Levels achieving an A and an A*.

I send my congratulations to you on your success in winning the **United States Open Tennis** Championships. It is a remarkable achievement at such a young age and is testament to your hard work and dedication. I have no doubt your outstanding performance, and that of your opponent, Leylah Fernandez, will inspire the next generation of tennis players. I send my warmest good wishes to you and your many supporters.

A message from the Queen to Emma following her US Open victory.

Why might people have respect for Emma?

Reflection

