

Well-Being Week 😊

Mindfulness Monday	Thankful Tuesday	Well-being Wednesday	Thoughtful Thursday	Feel Good Friday
<ul style="list-style-type: none"> • Mindfulness Video Peace Out Guided Meditation Youtube(Jnrs-2nd) Mindfulness with Bressie (3rd-6th) *See links on pg. below • Write down three things that you like about yourself/ things that make you unique/ things you are good at. Stick these up somewhere that you will see every day to remind yourself that you are special. • Mindfulness Colouring/doodling (can access mindful colouring on Twinkl) <u>or</u> draw something that makes you happy/you enjoy. 	<ul style="list-style-type: none"> • Write or draw all the things you are thankful for. • Tidy/Declutter your bedroom or playroom- you will feel so relaxed after. • Count how many times you can make someone smile today. • Lie outside and enjoy reading a book or drawing something you see around you <u>or</u> Simply feel the grass between your toes, look up at the clouds and spend time figuring out the shapes they make, be peaceful. • For younger children listen to 'The Magic Moment' Story by Bressie. *link below 	<ul style="list-style-type: none"> • Yoga *See links below • Write or draw your worries away <u>or</u> Blow some bubbles. Imagine they are your worries being blown away. • For younger children listen to the story 'The Big Bag of Worries' *link below. Worries are much better when you share them. • For older children Have a digital detox for a few hours, turn off those phones/tablets. Play a board game or card game/make a jigsaw with a family member. 	<ul style="list-style-type: none"> • Kindness Challenge- Do something kind for someone today eg. help someone around the house, play/read with a sibling etc. • Write a letter/ make a card for someone to let them know you are thinking of them. • Family Nature Walk- Can you use your five senses to take in what's around you. Think of how good nature makes you feel. • Another Storytime for younger Children: 'Take Five' by Bressie. *See link below. 	<ul style="list-style-type: none"> • Write or draw three things you are looking forward to doing when everything is back to normal. • Healthy Family Bake off: Can you make a healthy treat for the family to enjoy. <u>or</u> try a new healthy snack/fruit/veg that you haven't had before. • Feel Good Friday- Get outside, turn the music up and dance to your hearts content to your favourite songs.

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<https://www.youtube.com/watch?v=XAgUMTexJVs&list=PL8snGkhBF7njO0QvtE97AJFL3xZYQSGh5> Guided Meditation (Jnrs-2nd)- Monday

<https://www.facebook.com/139769386091174/videos/225172281894280> Mindfulness with Bressie (3rd-6th)- Monday

<https://www.youtube.com/watch?v=bYKKPfTPG5g> 'The Magic Moment' Story by Bressie, read aloud on YouTube- Tuesday (Includes Mindful Techniques)

<https://www.youtube.com/user/CosmicKidsYoga> Yoga (Jnrs-2nd)- Wednesday

<https://www.youtube.com/watch?v=dF7O6-Qablo> Rainbow Yoga (3rd-6th) -Wednesday

<https://www.youtube.com/watch?v=8QwEOSBjOt8> 'The Big Bag of Worries', read aloud on YouTube- Wednesday

<https://www.youtube.com/watch?v=D18AgB9ONrg> Story: 'Take Five' by Bressie, read aloud on YouTube