






## Wellbeing Week 20<sup>th</sup> Feb - 24<sup>th</sup> Feb











Mindful Monday	Thankful Tuesday	Wellbeing Wednesday	Terrific Thursday	Feel Good Friday
				
<p style="text-align: center;">Guided meditation/Pilates</p> <p style="text-align: center;">Mindfulness Colouring</p> <p style="text-align: center;">DEAR Time outside (weather permitting)</p> <p style="text-align: center;">Daily walk outside</p>	<p style="text-align: center;">Random Acts of Kindness</p> <p style="text-align: center;">Gratitude Jar</p> <p style="text-align: center;">Thankful Card - to a family member</p> <p style="text-align: center;">Pancake Tuesday</p> <p style="text-align: center;">Daily walk outside</p>	<p style="text-align: center;">Yoga</p> <p style="text-align: center;">Whole School Art Project</p> <p style="text-align: center;">Musical Statues</p> <p style="text-align: center;">Daily walk outside</p>	<p style="text-align: center;">Art Competition Design a poster with the theme "What makes me Happy"</p> <p style="text-align: center;">10 @ 10</p> <p style="text-align: center;">Gratitude Scavenger Hunt</p> <p style="text-align: center;">Daily walk outside</p>	<p style="text-align: center;">Inside Out Day (Non-Uniform Day/Fundraiser: Wear colourful clothes inside out and make a donation towards Pieta House)</p> <p style="text-align: center;">Whole School Dance Party</p> <p style="text-align: center;">Movie (Inside Out/Trolls) and Healthy Treat</p>

Music on yard everyday - children have picked their favourite songs for a playlist  
Wellbeing Homework all week organised by Amber Flag Committee and Active Flag Committee

## Wellbeing Homework for Wellbeing Week 20<sup>th</sup> Feb - 24<sup>th</sup> Feb

The Amber Flag Committee and the Active Flag Committee have created a Wellbeing Homework chart.

You can try and complete some of the activities from the chart as part of your homework this week.

<p>Play a board game</p> 	<p>Go for a walk (with an adult)</p>	<p>Read a book</p> 	<p>Play a game outside</p>
<p>Go for a bike ride (with an adult)</p> 	<p>Listen to your favourite music</p> 	<p>Have a dance party</p> 	<p>Random Act of Kindness</p> 
<p>Try skipping</p> 	<p>Go for a run in your garden</p> 	<p>Walk a dog</p> 	<p>Have a "no screen" day</p> 
<p>Do some baking with your family</p>	<p>Draw a picture</p>	<p>Watch your favourite movie</p>	<p>Do some painting</p>