

# Wellbeing Week

Hello everyone,

This week we are taking time to focus on our wellbeing. This means we are going to make a special effort to take care of our body and mind.

We have suggested some activities you could do each day. The most important thing is to take time to do what makes you feel good.

Enjoy!

# Wellbeing Week

|           |                |  |
|-----------|----------------|--|
| Monday    | Get active!    | We all know exercise is good for your body, but did you know it's good for your mind too?                    |
| Tuesday   | Be mindful.    | Take some time to notice your thoughts, your feelings and the world around you.                              |
| Wednesday | Keep learning  | Learning keeps your brain healthy, and it is also a great way to improve your mood.                          |
| Thursday  | Give to others | Helping other people to feel good is one of the best ways to feel good!                                      |
| Friday    | Connect        | Connections are so important, and even more so at the moment. Spend some time connecting with someone today. |

# Get Active

We all know exercise is good for your body, but did you know it's good for your mind too? There are so many ways to get active.

Have a look at the [Active School](#) page for some ideas

Spend some time developing your [GAA skills](#).

Cycle! Dance! Garden!  
Run! Climb! Jump! Walk!  
Or maybe even your own  
Sports Day at home?

# Be Mindful

Take some time to notice your thoughts, your feelings and the world around you.

Breathing activities: There are a range of calming breathing techniques, written activities and guided visualisations suitable for children of all ages.

Cosmic yoga is a great way to get children engaged in yoga. Older children may prefer this longer video.

New Horizon have guided meditation and sleep stories suitable for children

Use the 5, 4, 3, 2, 1 technique.  
It only takes a minute!

Notice:

5 things you can see  
4 things you can feel  
3 things you can hear  
2 things you can smell  
1 thing you can taste

# Keep Learning

Learning keeps your brain healthy, and it is also a great way to improve your mood.

Make a special effort with your home learning today. Share some work with your teacher

Take time to practise a new skill.

Take time to research something you're really interested in.

Teach an adult in your home three new facts that you found amazing!

# Give to Others

Helping other people to feel good is one of the best ways to feel good! This is one of the best challenges. It is time to do something really nice for somebody else.

You might offer to help an adult and tidy up.

You might make a card or a picture for somebody you care about.

You might give somebody an extra special compliment.

Say thank you to somebody, and really really mean it!

# Connect

Connections are so important, and even more so at the moment. Spend some time connecting with someone today.

Maybe you could spend some time together with someone in your family, playing or talking, with no screens?

Maybe you could call or send a letter to a relative you miss?

Maybe you could join our Zoom assembly and connect with our school community?

# Other resources and activities:

These are just a few more ideas to get you started.  
Remember, do what is right for you!

Keep a wellbeing  
journal:

[Younger classes](#)

[Older classes](#)

If this is something you would  
like to continue doing,  
[Weaving Wellbeing](#) have  
created a free journal with  
lots of activities

Make a gratitude jar.  
[Ideas to get you started](#)

Ideas for being [kind to  
yourself](#)