

Wellness Week 2020

Mindful Monday

- Possible screen free evenings-read a book, chat, play board games.
 - Try to get 10+ hours of sleep each night. (8+ for adults 9)
 - Introduce the topic of mindfulness-Use online guided meditations/app 'Calm' or 'headspace'/Go Noodle/'Positive regard/goodwill mindfulness' sheet
 - Mindful colouring-DEAC 'drop everything and colour'-colouring sheets included
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 - "Kindness is the language which the deaf can hear and the blind can see" Mark Twain
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 - 2nd-6th Make mindful jars
- Juniors-1st Bubble machine-watch bubbles mindfully.

Thankful Tuesday

- Develop an attitude of gratitude-fill in gratitude chart
- Make an acrostic poem to show gratitude
- Write thankful letters to friend/family
- End of the day- list 3 things they are thankful for

Wellness Wednesday

- Positive emotions potion-list positive emotions
 - Make Wellness week posters
 - Weaving wellbeing videos online-google Vimeo weaving wellbeing-Rainbow moments
- <https://vimeo.com/channels/wwb/166080724>

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Triumphant Thursday

- Class celebration of personal triumphants-children take a photo of awards/certs
- Try some affirmation activities
- Write personal aspirations-

Feel-good Friday

- Taking care of my body-healthy eating, exercise-
- Try eat 5 portions of fruit and veg