



	<p style="text-align: center;"><b>Mindful Monday</b></p> <ul style="list-style-type: none"> <li>➤ Choose a mindful minute to do <a href="#">here</a></li> <li>➤ Listen to some relaxing <a href="#">music</a> and do some colouring or drawing</li> <li>➤ Go for a mindful walk in your garden or the local park. Use your senses to observe what you can see/hear/smell/feel</li> </ul>
	<p style="text-align: center;"><b>Thoughtful Tuesday</b></p> <ul style="list-style-type: none"> <li>➤ <a href="#">Be Kind To Yourself - meditation/ Go Noodle</a> – suitable for all</li> <li>➤ <a href="#">Kids Yoga - Loving Kindness meditation for Kids</a> – suitable for 1<sup>st</sup>-4<sup>th</sup></li> <li>➤ <a href="#">Loving Kindness Meditation</a> suitable for 4<sup>th</sup> - 6<sup>th</sup></li> <li>➤ Do a kind act for a family member. Help fill their bucket! (Listen to the <a href="#">story</a> together if you like.)</li> </ul>
	<p style="text-align: center;"><b>Wellness Wednesday</b></p> <ul style="list-style-type: none"> <li>➤ Share some rainbow moments from today with your family. <i>Rainbow moments are all of those little moments in the day when good things happen.</i> 😊 Ask a family member what their rainbow moments were.</li> </ul>
	<p style="text-align: center;"><b>Thankful Thursday</b></p> <ul style="list-style-type: none"> <li>➤ Choose a gratitude activity <a href="#">here</a> or simply a guided meditation from the bottom of the webpage</li> </ul>
	<p style="text-align: center;"><b>Friendship Friday</b></p> <p>*We know there is no homework today but just in case you would like to link in with your child, please find some suggested points to chat about below. Pick &amp; chose, depending on the age of your child.</p> <ul style="list-style-type: none"> <li>➤ Who are your friends at school?</li> <li>➤ What makes a good friend?</li> <li>➤ How can we support &amp; help our friends?</li> <li>➤ What qualities are important in a friendship?</li> <li>➤ How can friends influence each other?</li> <li>➤ What is peer pressure &amp; how to manage it</li> <li>➤ How a good friendship will make you feel about yourself</li> </ul>