



	<p style="text-align: center;">Mindful Monday</p> <ul style="list-style-type: none"> ➤ Choose a mindful minute to do here ➤ Listen to some relaxing music and do some colouring or drawing ➤ Go for a mindful walk in your garden or the local park. Use your senses to observe what you can see/hear/smell/feel
	<p style="text-align: center;">Thoughtful Tuesday</p> <ul style="list-style-type: none"> ➤ Be Kind To Yourself - meditation/ Go Noodle – suitable for all ➤ Kids Yoga - Loving Kindness meditation for Kids – suitable for 1st-4th ➤ Loving Kindness Meditation suitable for 4th - 6th ➤ Do a kind act for a family member. Help fill their bucket! (Listen to the story together if you like.)
	<p style="text-align: center;">Wellness Wednesday</p> <ul style="list-style-type: none"> ➤ 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.
	<p style="text-align: center;">Thankful Thursday</p> <ul style="list-style-type: none"> ➤ Choose a gratitude activity here or simply a guided meditation from the bottom of the webpage
	<p style="text-align: center;">Friendship Friday</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 & chose, depending on the age of your child.</p> <ul style="list-style-type: none"> ➤ Who are your friends at school? ➤ What makes a good friend? ➤ How can we support & help our friends? ➤ What qualities are important in a friendship? ➤ How can friends influence each other? ➤ What is peer pressure & how to manage it ➤ How a good friendship will make you feel about yourself

Wellbeing Week Homework Activities 23rd - 27th May 2022