

Wellbeing

Wellbeing Week 2022

Children really enjoyed all our activities for Wellbeing Week.



For Mindful Monday we focused on being mindful through our breathing, mindful walks through the forest garden and the local park, colouring and mindful moments.



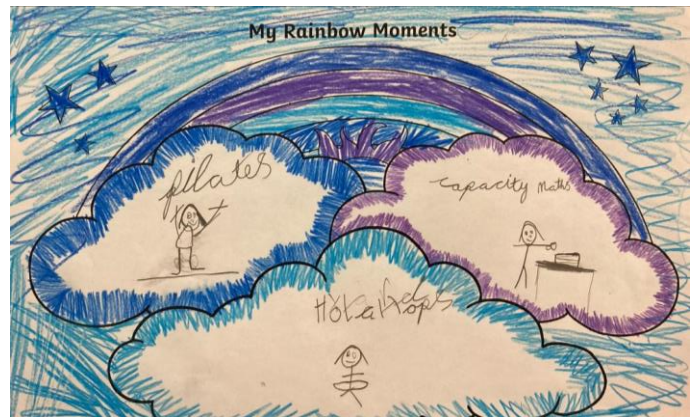
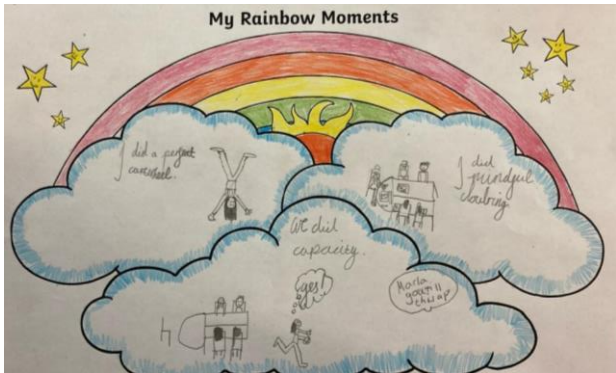
On Thoughtful Tuesday we focused on how we can be kind to ourselves and others.

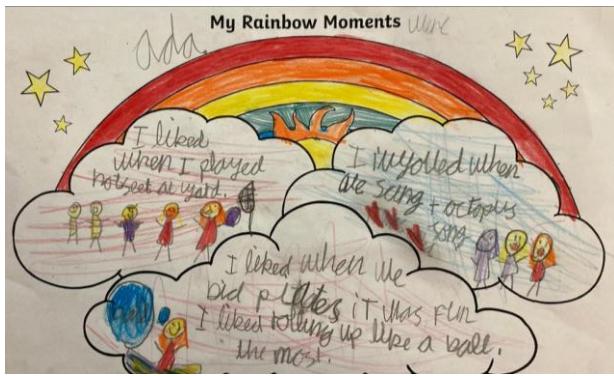
Classes discussed how we can help others and think about other people's feelings and we shared acts of kindness. We also focused on being kind to yourself through a loving-kindness meditation, the practice of sending well-wishes towards yourself and other people.



Wellness Wednesday

Wellness Wednesday's focus was Rainbow Moments, thinking about all of the little moments during the day when good things happen and focusing on them.





On Thankful Thursday, we spent time thinking about all of the many things and people we are grateful for. Pupils wrote poems and made thank you cards.



For Friendship Friday we discussed what makes a good friend and how we can show friendship to others.

Pupils told their friends what they appreciated about them.



Pupils thoughts & reflections on our Wellbeing Week:

Olivia in 1st Class: *'I liked friendship Friday because I got to make nice cards for my friends to show them how much I care.'*

Clara in 1st: *'I liked spending time in the nature trail, I thought it was very peaceful.'*

Fiadh in 3rd: *'I liked doing the mindful minute because it was nice to have time to switch off & have a break.'*

Emma in 3rd: *'I liked how we were reminded each day what to focus on in an announcement to everyone.'*

Ailbhe in 2nd: *'I enjoyed thinking about things I was thankful for. I think this is important for my wellbeing.'*

Lola in 2nd: *'I enjoyed mindfulness colouring because it helps me to feel calm.'*

Penny in 5th: *'I enjoyed the different tasks we got to do each day and I especially enjoyed Friendship Friday because I got to show my friends how much I appreciate them.'*

Tensaye in 5th: *'I really liked Thankful Thursday because I enjoyed thinking about all the people I am grateful for, like my mom.'*

4th Class:

Ciarán said, *"I enjoyed the magnetic hands because it made me feel calm and relaxed."*

Tom said, *"I liked when we did an acrostic poem using the word 'Thankful'"*

Luke Collins said, *"I liked the gratitude journaling every morning because it was a nice start to the day."*

Anna said, *"I liked doing the Thankful acrostic poem because it made me feel grateful for the good things in my life."*

Max Nisbet said, *"I loved making the friendship recipe because the atmosphere was so calming and thinking of all the elements of friendship gave me a nice feeling."*

A special shout to our wonderful student council who reminded us each day what our mindful focus was!

A huge thank you to Anna for coming in to teach us Pilates and thank you also to Karen who came in to talk to senior classes about the importance of looking after our nervous system.

Our Pilates Session:



