





Wellbeing Week 2023 - An Optional Menu of Activities

Feel free to pick & choose the ones you think your family might enjoy. Alternatively you may like to just spend this week as a family engaging in any enjoyable activities of your choice that you feel enhance your physical and mental health.

	<p style="text-align: center;">Mindful Monday</p> <p>We know that there's no school today but here are some activities you might enjoy as a family at home regardless! ☺</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



Friendship Friday

Please find some suggested points below to chat about with your child if you wish. Pick & choose, depending on the age of your child.

- 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