






## 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;"><b>Mindful Monday</b></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"><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> <p style="text-align: center;">The only person you should try to be better than... is the person you were yesterday</p>	<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>	<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 Thursdays</b></p> <p style="text-align: center;">Gratitude creates its own attitude</p>	<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></li></ul>
 <p style="text-align: center;"><b>friendship FRIDAY</b></p>	<p style="text-align: center;"><b>Friendship Friday</b></p> <p>Please find some suggested points below to chat about with your child if you wish. Pick &amp; choose, 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></ul>

	<p>➤ How a good friendship will make you feel about yourself</p>
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