

Scoil Íosa Learning from Home

Wellbeing Week Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>June Bank Holiday - enjoy your day off! Relax, refresh, reset and we'll get back to it all tomorrow !</i></p> 	<p>Wellbeing Activity Kindness paper chain - write down any acts of kindness you have done or seen today and make a paper chain, add to it every day and see how long it is at the end of the week.</p> 	<p>Wellbeing Wednesday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat a healthy breakfast fuel your body <input type="checkbox"/> Morning Yoga Junior classes https://www.youtube.com/watch?v=LhYtcadR9nw Senior Classes https://www.youtube.com/watch?v=7kgZnJqzNaU <input type="checkbox"/> What makes YOU happy? Spend an hour doing something that you enjoy. It could be reading, cycling, walking running, drawing, singing, dancing <input type="checkbox"/> Guided visualisation- get comfortable and listen to this short video Junior: https://youtu.be/wCqo5c2sC-w Senior: https://youtu.be/PDCaw6tvzUw <input type="checkbox"/> Eat a healthy lunch <input type="checkbox"/> Connect with friends- call or facetime a friend and catch up! <input type="checkbox"/> Doodle meditation - Grab paper, a pencil and play this piece of music. https://www.youtube.com/watch?v=UO96X72N8xc All you need to 	<p>Wellbeing Activity Positivity stones- Paint stones with positive messages. leave them around your local area to lift the spirits of passers- by .</p> 	<p>Wellbeing activity Senses stroll- Go for a walk and take note of what you can see, smell, touch, hear.</p> 

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do is relax, be still and draw whatever you feel it might just be shapes and lines. It doesn't matter what you draw, it's how you feel while your drawing that's important.

- Gratitude journaling** - pick a journal, or copy book and design a cover if you like. Each evening write something good that happened that day. It might be something that made you happy, something that you are grateful for. At first it might be hard to think of things but with practice you'll find that even in your "bad days" there are lots of good things to be found.
- Digital detox**- ditch the computers, laptops, consoles and phones. Spend time with your family. You could cook together, play a board game, get active or even just share some quiet time together.

Physical Exercise: 60 minutes every day- go for a walk, run, cycle your bike, bounce on a trampoline, go on your scooter, practise your basketball, GAA and soccer skills.