

Wellbeing Week- 12th-16th of October



Monday-Connect

Write

Write the name

of a vulnerable

person you are

when you wear

your mask on a

post it and put

on classroom

wall

protecting

Find out something you havein common with a classmate either side of you

Find out

Make

Make a cup of tea for someone at home

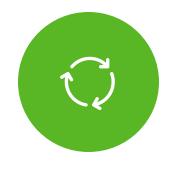
Phone

Phone detox – pick an hour this evening during which you will give up your phone & talk to your family

Or

Phone a friend

Tuesday- Be active



Walk or Cycle to school [if possible]



Do an online fitness class



Write down your physical activity for the week. Could you add more to it?



Set yourself a fitness challenge –5k a day

Wednesday- Keep Learning



Drop everything and read



Look up a new recipe and cook it



Learn a few words in a new language



Make sure you are up to date with the technology we are using in school

Thursday- Take Notice



Notice your posture and breath

2

Write 3 things you are grateful for and start a gratitude journal 3

Download a mindfulness app or try yoga

4

Look outside at nature and the trees in the park

Friday-Give back

01

Give a donation to a Charity of your choice

02

Get some fresh air

03

Make someone a cup of tea or help at home

04

Offer to help someone in need