|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **St Canices NS - family WellBeing week 2020** | | | | | | |
| **Meditations on our Padlet**  **C:\Users\User\AppData\Local\Microsoft\Windows\INetCache\IE\YLBRTG3X\Meditation-PNG-Clipart[1].png**  **Do a daily meditation**  <https://padlet.com/stcanicens/Bookmarks> | | **Well Being Journal**  **Print out the Well Being Journal**  **As a family choose activities you would like to do together each day**  **C:\Users\User\AppData\Local\Microsoft\Windows\INetCache\IE\W7J92UZE\writing_clipart[1].png** | | | **Mindful Minute Breaks**  **Print these out and choose a different one to try each day**  **C:\Users\User\AppData\Local\Microsoft\Windows\INetCache\IE\W7J92UZE\866110617_14d583e540_b[1].jpg** | |
| **Mindful Monday** | **Thoughtful Tuesday** | | **Well Being Wednesday** | **Treat Yourself Thursday** | | **Fun Friday** |
| C:\Users\User\AppData\Local\Microsoft\Windows\INetCache\IE\A2INEBBN\Listenning[1].jpg  **HOW FAR I’LL GO**  **Moana** <https://www.youtube.com/watch?v=cPAbx5kgCJo> | C:\Users\User\AppData\Local\Microsoft\Windows\INetCache\IE\A2INEBBN\Listenning[1].jpg  **You’ve got a friend in me**  **Toy Story**  <https://youtu.be/zIYOJ_hSs0o> | | C:\Users\User\AppData\Local\Microsoft\Windows\INetCache\IE\A2INEBBN\Listenning[1].jpg  **SHOTGUN**  **As Gaeilge**  <https://www.youtube.com/watch?v=Tnznu3Jx9us> | C:\Users\User\AppData\Local\Microsoft\Windows\INetCache\IE\A2INEBBN\Listenning[1].jpg  **HAPPY**  <https://youtu.be/y6Sxv-sUYtM> | | C:\Users\User\AppData\Local\Microsoft\Windows\INetCache\IE\A2INEBBN\Listenning[1].jpg  **Can’t stop the feeling**  **The Trolls**  <https://youtu.be/oWgTqLCLE8k> |
| Go on a Nature Safari  Go outside and really notice the nature around you:  Touch/ Feel – a smooth stone, a prickly bush  Smell – the flowers  See - the colours/ find the bugs, bees, butterflies  Listen - to the sounds | Connect with someone  Send a message to someone:  Phone / Text/ Write a postcard / Email/ Draw a picture and send it  Leave a message in your window or draw with chalk on the pavement e.g. A Rainbow that says Smile / Be Kind | | Get Active – do some exercise walk / run / cycle / hurl / play football  Get all the family involved | Do something today that you really enjoy doing:  See the Mood Boost section  In your Well Being Journal | | Tidy up your school things neatly.  List 3 things that you improved on this year.  Go Noodle exercise:  <https://family.gonoodle.com/activities/i-gotta-feeling> |
| Mindful Moments – Choose a breathing exercise from the Mindful Minute breaks. | Do something to help at home: Clean your bedroom/ Walk the dog/ Wash-up | | Drink a glass of water before each meal | Make this dessert for a special treat: [SIMPLE ETON MESS RECIPE](https://www.bbc.co.uk/food/recipes/etonmess_81082) | | Have a family picnic:  Make a few snacks and have them in the garden |
| Tense and release your muscles – Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing. Then move on to your calf muscles, tense and release, next your thighs, continue to move up the body like this. | Write down 3 things you are grateful for | | Go Noodle exercise: Teach someone in your family how to do the floss  <https://family.gonoodle.com/activities/how-to-floss> | List 3 things you like about yourself | | Family time- play a game together (board game /cards/ bingo/ family quiz) or watch a movie together or get outside together |