
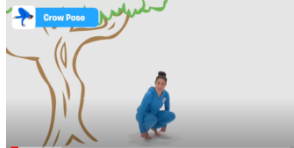





## WELLBEING GRID



- Here is a menu of various activities that you can choose from during Wellbeing Monday and Wellbeing Tuesday.
- We are encouraging parents and teachers to join in also!
- Remember to be calm, be grateful, and be kind to yourself and others!

<u>Creative Activities</u>	<u>Meditation &amp; Breathing</u>	<u>Calming Activities</u>	<u>Spreading Kindness</u>	<u>Mindful Movement –Yoga &amp; Dance</u>	<u>Keep Learning!</u>
Create your own self-portrait and write down all the positive things about yourself – things you enjoy doing, skills that you have and things that you are passionate about!	Click on the link to listen to a guided meditation clip. <a href="https://soundcloud.com/user-547419318/woodland-walk-visualisation-for-children-guided-by-nuala">https://soundcloud.com/user-547419318/woodland-walk-visualisation-for-children-guided-by-nuala</a>	Do some mindful colouring while listening to some quiet music. <a href="https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals">https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals</a>	Give the gift of your time – spend some time with a friend or family member or someone who needs cheering up. 	Try a yoga pose. <a href="https://www.youtube.com/watch?v=ho9uttOZdOQ">https://www.youtube.com/watch?v=ho9uttOZdOQ</a> 	Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun! 



Create a collage "All about me!"

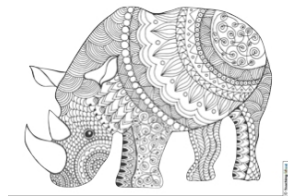


Try out this breathing exercise. Trace around the star with your finger while breathing.



Another meditation clip.

<https://soundcloud.com/user-547419318/a-day-at-the-beach-visualisation-for-children-guided-by-gerard-1>



Watch the video about mindful drawing



<https://www.youtube.com/watch?v=Eyrj1P26yNg>

Do something helpful around the house. Helping is a great way to make us and other people feel good.



Do a random act of kindness for someone at home.



Go outside for a walk or a run!

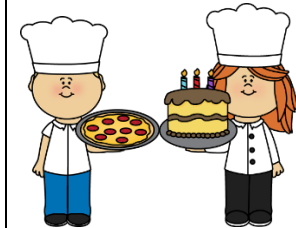


Try a yoga session on Cosmic Kids yoga.

<https://youtu.be/LhYtcadR9nw>



Try and learn a new recipe!



Play a new game or learn a new skill like origami or chess or something you will enjoy.

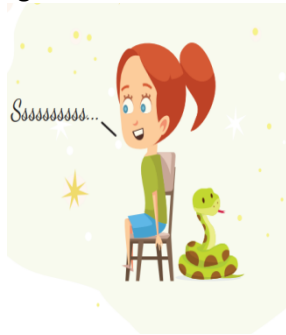


Decorate a wellbeing rock.



(c) Chrissie Grad

Try out the Snake Breath. Sit in a comfortable position. Inhale through your nose and exhale through your mouth, making a long 'Sssssss' sound, like a snake. Try to make the exhalation last as long as you can before you inhale again.



Go on a calming nature walk and afterwards draw what you saw. Look for living and non-living things.

### BUG HUNT CHECKLIST

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> ant            | <input type="checkbox"/> beetle    |
| <input type="checkbox"/> bee            | <input type="checkbox"/> butterfly |
| <input type="checkbox"/> caterpillar    | <input type="checkbox"/> centipede |
| <input type="checkbox"/> dragonfly      | <input type="checkbox"/> fly       |
| <input type="checkbox"/> grasshopper    | <input type="checkbox"/> ladybug   |
| <input type="checkbox"/> praying mantis | <input type="checkbox"/> roach     |
| <input type="checkbox"/> spider         | <input type="checkbox"/> worm      |

www.MaryMarthaMama.com featuring clipart from David's SIMPLE TEACHING



Make a special effort to use your manners today –greeting people when you see them, smiling and saying thank you.



<https://www.youtube.com/watch?v=23VdtT0vQUY>



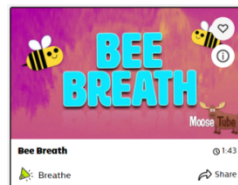
<https://www.youtube.com/watch?v=cZdO2e8K29o>



Make your own personal bookmark.



Try out the Bee Breath method, follow the link below.



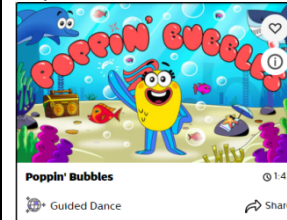
Make a calm jar!

<https://www.youtube.com/watch?v=KcygQajNBmo>



Think of 3 things you are grateful for today and do this exercise often. Some people write these down in a journal.

Try a Go Noodle activity



Do something to make yourself or your friends feel good.

<https://app.gonoodle.com/activities/help-others?s=Search&t=kindness>

	<p><a href="https://app.gonoodle.com/activities/bee-breath?s=category&amp;t=Breath&amp;sid=40">https://app.gonoodle.com/activities/bee-breath?s=category&amp;t=Breath&amp;sid=40</a></p> <p>Listen to the sound clip: <a href="https://soundcloud.com/user-547419318/the-hot-air-balloon-deirdre-lavelle-1">https://soundcloud.com/user-547419318/the-hot-air-balloon-deirdre-lavelle-1</a></p> 		 <ol style="list-style-type: none"> <li>1. What is the best thing that happened today?</li> <li>2. Name something that makes you happy.</li> <li>3. What is your favourite outdoor activity?</li> <li>4. Name something that you are grateful to have.</li> <li>5. Name someone that makes you smile.</li> <li>6. Who makes you feel loved and why?</li> </ol>	<p><a href="https://app.gonoodle.com/activities/popping-bubbles?s=category&amp;t=Guided%20Dance&amp;sid=38">https://app.gonoodle.com/activities/popping-bubbles?s=category&amp;t=Guided%20Dance&amp;sid=38</a></p>	
	<p><a href="https://soundcloud.com/user-547419318/the-sleepy-train-visualisation-for-children-guided-by-ciara">https://soundcloud.com/user-547419318/the-sleepy-train-visualisation-for-children-guided-by-ciara</a></p> 	<p>Listen to a mindful story. <a href="https://www.youtube.com/watch?v=bYKKPftPG5g">https://www.youtube.com/watch?v=bYKKPftPG5g</a></p> 	 <p>You've Been Spotted Doing An Act Of Kindness</p>	<p>Dance, dance, dance! <a href="https://app.gonoodle.com/activities/dance-dance-dance?s=Search&amp;t=dance">https://app.gonoodle.com/activities/dance-dance-dance?s=Search&amp;t=dance</a></p> 	<p>Think of other ways you can keep learning and feel good.</p> 