

## Wellness Week

### Classroom Activities

#### Mindful Monday

- Introduce topic of mindfulness
- Use online guided meditations.
- Older classes make 'Wellness Week' posters and wellness slogans to decorate school corridors with. Pictures of posters and slogans will be posted on the school website further advertising Wellness Week.
- Explore Super Troopers activity journal- introduce wellness as a holistic idea-discuss physical, mental, emotional and social wellness.
- Explore Super Troopers wall chart- to use at home to track activity and wellbeing.
- Mindful colouring- DEAC- drop everything and colour.
- Random acts of kindness
- Secret friend for the week.
- Daily group affirmations.
- Make mindful jars.
- Check-in mindful practice.
- Develop personal calm plan

#### Thankful Tuesday

- Develop an attitude of gratitude
- Write a gratitude acrostic poem, everything in school, home, personal life to be thankful for.
- Thankful posters/ letters /postcards to people in school/ home that help us.
- End of the school day-list 5 things that happened throughout the day to be thankful for.

#### Wellness Wednesday

- Positive emotion potion- list positive emotions.
- Positive emotions weighing scales-For every negative emotion we need three positive emotions to balance it out.
- Develop personal resource bank of ways to increase positive emotions e.g. reading, long walk, playing with friends.
- Weaving wellbeing videos online- google Vimeo weaving wellbeing.

### **Triumphant Thursday**

- Celebration of personal attributes, personal achievements, skills, talents etc.
- Personal shield activity- decorate shield with positive self imagery.
- Personal superhero- create a personal superhero- developing resiliency and self-awareness.
- Write personal affirmations

### **Feel-good Friday**

- Taking care of my body- healthy eating, exercise.
- Feel Good Friday/ Friday treats.
- Class party, teddy bears picnic.
- Extra golden time.
- Wellness week rainbow moments- positive moments from the week.
- Activities to engage the sense- make slime, make scented playdough, mindful eating, and mindful walk. (Audio for mindful walk and mindful eating on 'stop breathe think' app.

Stop breathe think app

Stop breath think videos on youtube

Guided meditations videos sent via Aladdin

Spotify- relaxation music for meditation

Go noodle- mindfulness section and videos

<https://www.mindfulnessmatters.ie>

<http://www.mindfulteachers.org>

<https://www.calm.com>

<http://www.meditationinschools.org>