

**St. Patrick's N.S. Slane**



# Wellbeing Week

**22nd-25th June 2020**

Thank you so much for all your hard work over the year but particularly over the last few weeks and months. Everyone has made sacrifices since March to keep ourselves and our families and friends safe and healthy. It most certainly was “all worthwhile”. In these unprecedented times, it is important more than ever to reflect on times gone by and our ability to adapt to changes that life throws at us. Wellness week is an opportunity to slow down, take in the surroundings and breathing.

There are lots of activities that we can do to help our wellbeing. Some of these include Mindfulness activities, like the ones we do and being present and taking in what is happening in the present moment. Below is a sample schedule of activities and resources that you can pick and choose from this week, and indeed throughout the summer or anytime you would like to take some time out and relax!

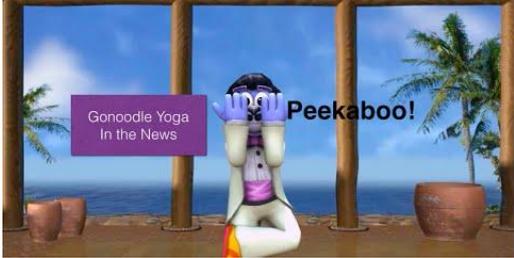
We hope you enjoy them and take a well deserved rest after all of the hard work. It is important that everyone is well rested and fresh and ready for action for when we return to school!

Stay safe and well,

From all of the staff at Slane NS.



<p><b>Monday</b></p>	<ul style="list-style-type: none"> <li>● <b>Barefoot Walk:</b> <ul style="list-style-type: none"> <li>○ Pick a place that's safe to walk with no shoes on. Somewhere grassy is best.</li> <li>○ Check the place out first (with shoes) to see that there are no big stones or rocks that might hurt you.</li> <li>○ Then, take off your shoes and socks and go for a stroll. What can you feel? Can you feel anything in between your toes?</li> <li>○ Can you feel anything on your heels?</li> <li>○ Can you feel anything on the ball of your foot?</li> <li>○ What is it like to go on your tippy toes?</li> <li>○ Are there any leaves? Can you feel them, pick them up with your toes?</li> <li>○ Try different types of walking: walk on tiptoe walk sideways take baby steps</li> </ul> </li> <li>● <b>Guided Visualisation:</b> <ul style="list-style-type: none"> <li>○ Visit <a href="https://www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools">https://www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools</a> the website:</li> <li>○ Scroll down to 'Guided Visualisations for Children'- there are a wide variety to choose from. I would suggest doing one daily.</li> </ul> </li> </ul> 
<p><b>Tuesday</b></p>	<ul style="list-style-type: none"> <li>● <b>Gratitude:</b> <ul style="list-style-type: none"> <li>○ To be grateful means to be happy with all the things we have. Today, we are going to go on a gratitude scavenger hunt. Have a look at the picture and see can you tick every item off the list! You can write them out on coloured paper, draw them out, write them on chalk outside- it's up to you! Be happy and smile!</li> </ul> </li> <li>● <b>Guided Visualisation:</b> <ul style="list-style-type: none"> <li>○ As above</li> </ul> </li> </ul> 
<p><b>Wednesday</b></p>	<ul style="list-style-type: none"> <li>● <b>Yoga with Maximo</b> <ul style="list-style-type: none"> <li>○ <a href="https://www.youtube.com/watch?v=6csheNs32WA">https://www.youtube.com/watch?v=6csheNs32WA</a> or search for 'maximo yoga' on GoNoodle or youtube</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Cosmic Kids yoga is another fantastic resource on Youtube</li> </ul>  <ul style="list-style-type: none"> <li>● <b>Guided Visualisation:</b> <ul style="list-style-type: none"> <li>○ As above</li> </ul> </li> </ul>
<p><b>Thursday</b></p>	<ul style="list-style-type: none"> <li>● <b>Mindful Colouring</b> <ul style="list-style-type: none"> <li>○ <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></li> <li>○ Or search for mindful colouring on Twinkl where there are several options, some themed</li> </ul> </li> <li>● <b>Guided Visualisation:</b> <ul style="list-style-type: none"> <li>○ As above</li> </ul> </li> </ul>
<p><b>Friday</b></p>	<ul style="list-style-type: none"> <li>● <b>Family Sensory Nature Walk</b> <ul style="list-style-type: none"> <li>○ Nature walks provide an opportunity to be mindful and connect to the world around us.</li> <li>○ Explore using the senses and at some points stand still and close your eyes. Some prompts: “What are you hearing?”, “Does it feel rough or smooth?”, “Describe what you can smell”</li> <li>○ Go for your nature walk. Bring your whole family!</li> <li>○ I see... I feel... I smell... I hear... Don't forget to WASH YOUR HANDS after coming inside again.</li> </ul> </li> <li>● <b>Guided Visualisation:</b> <ul style="list-style-type: none"> <li>○ As above</li> </ul> </li> </ul>

## Additional Activities and resources

### **Mindful Monday:**

[https://app.seesaw.me/#/activities/library?community&grade\\_level=3&subject=SocialEmotionalLearning&promptId=prompt.809216c1-2ff8-4c12-ab13-13dca43b2d6b](https://app.seesaw.me/#/activities/library?community&grade_level=3&subject=SocialEmotionalLearning&promptId=prompt.809216c1-2ff8-4c12-ab13-13dca43b2d6b)

[https://app.seesaw.me/#/activities/library?community&grade\\_level=3&subject=SocialEmotionalLearning&promptId=prompt.24bd5b63-62fe-458c-abd2-a44f48245f26](https://app.seesaw.me/#/activities/library?community&grade_level=3&subject=SocialEmotionalLearning&promptId=prompt.24bd5b63-62fe-458c-abd2-a44f48245f26)

[https://app.seesaw.me/#/activities/library?community&grade\\_level=3&subject=SocialEmotionalLearning&promptId=prompt.f210c4f4-4807-4655-a466-98fc66a90e2d](https://app.seesaw.me/#/activities/library?community&grade_level=3&subject=SocialEmotionalLearning&promptId=prompt.f210c4f4-4807-4655-a466-98fc66a90e2d)

### **Tranquil Tuesday:**

Play this music:

Well-being W

<https://www.youtube.com/watch?v=qFZKK7K52uQ>

and try this activity:

[https://app.seesaw.me/#/activities/library?search&query=Reflection&grade\\_level=3&promptId=prompt.286a74a8-0468-49dd-8e77-90cd31cf2921](https://app.seesaw.me/#/activities/library?search&query=Reflection&grade_level=3&promptId=prompt.286a74a8-0468-49dd-8e77-90cd31cf2921)

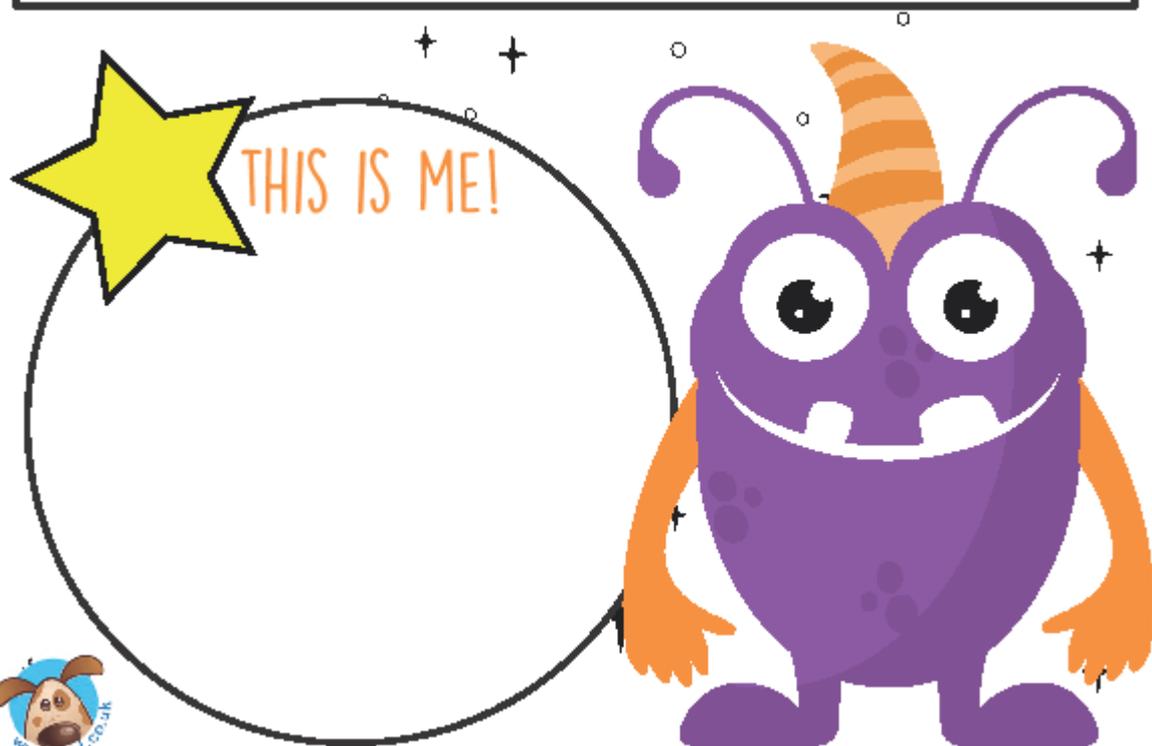
### **Wednesday:**

Try 1 of these:

# BE PROUD OF YOURSELF!

#WellbeingWednesday

TWO THINGS I AM PROUD I CAN DO:



# DON'T WORRY ABOUT IT!

#WellbeingWednesday



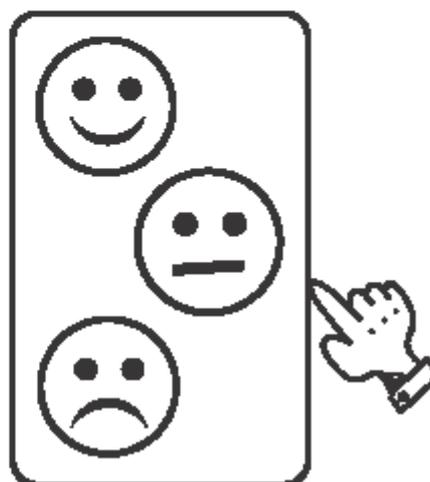
TALKING TO OTHERS  
CAN HELP WITH  
YOUR WORRIES



DRAW YOUR WORRY  
FLOATING AWAY



HOW DO I FEEL TODAY?



# ☆ TAKE TIME TO BREATHE!

THINGS I CAN CONTROL...



THINGS I CAN'T CONTROL...



INHALE

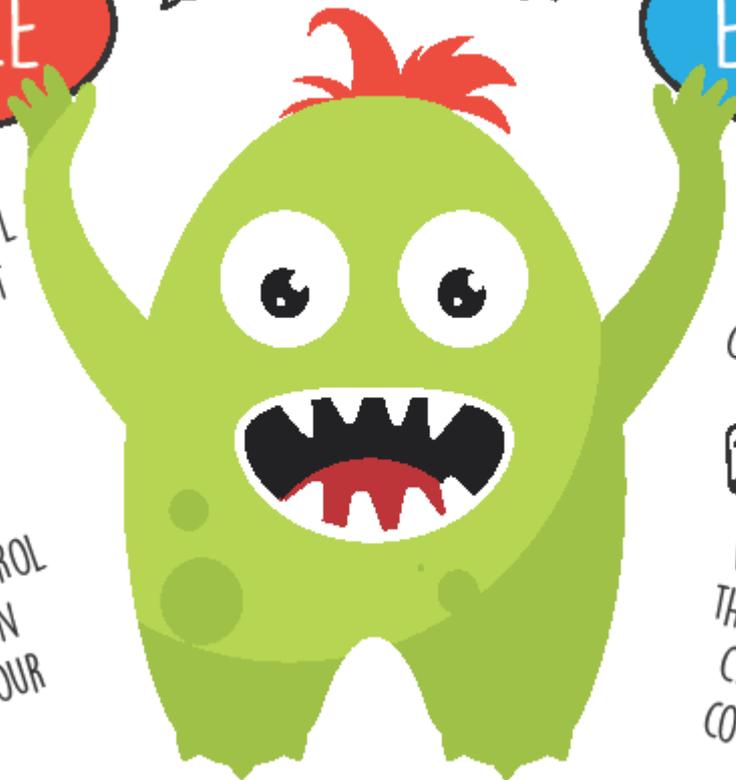


EXHALE

I CAN CONTROL  
HOW I TREAT  
OTHERS



I CAN CONTROL  
MY OWN  
BEHAVIOUR



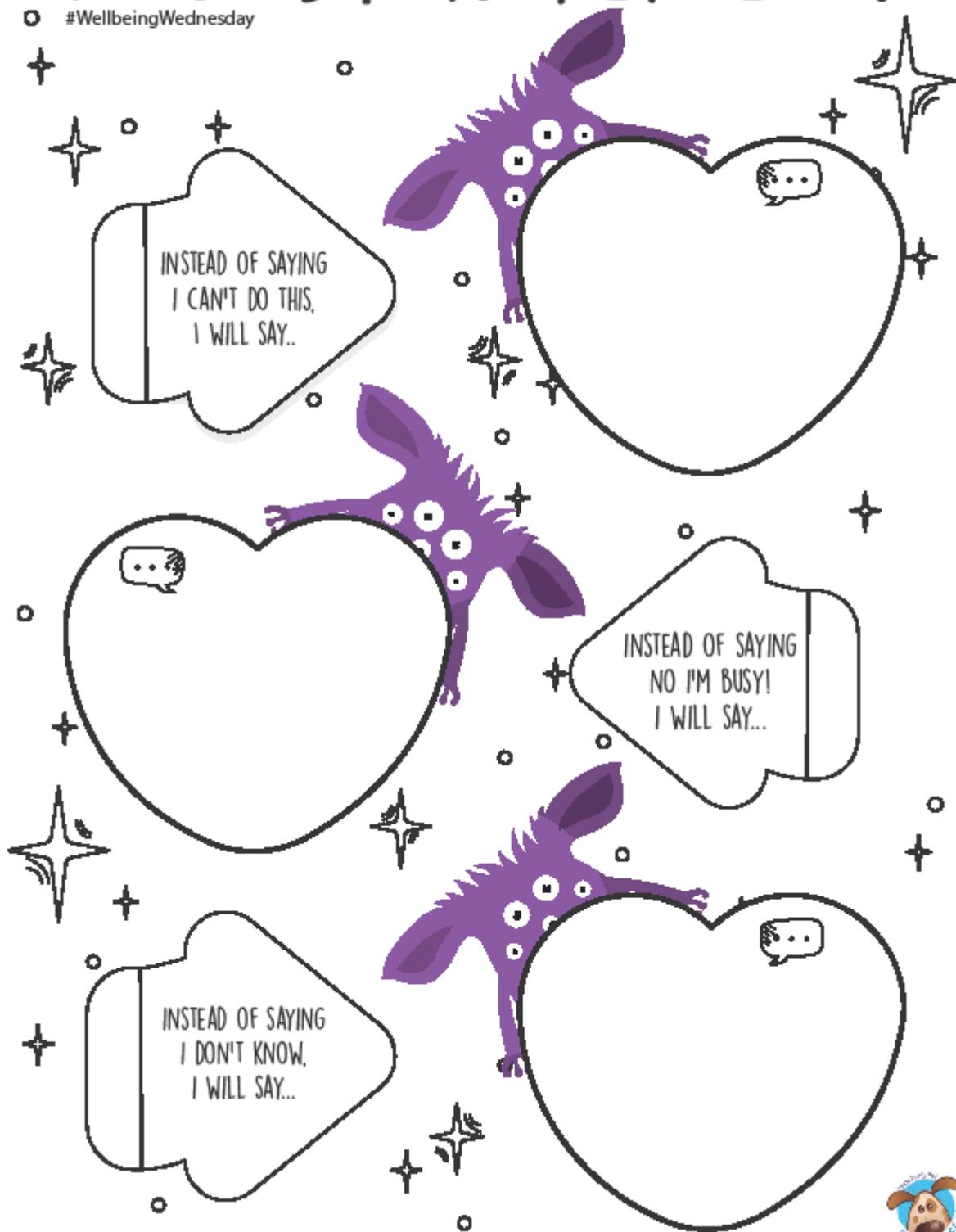
THE WEATHER  
CANNOT BE  
CONTROLLED



WHAT OTHERS  
THINK OF YOU  
CANNOT BE  
CONTROLLED

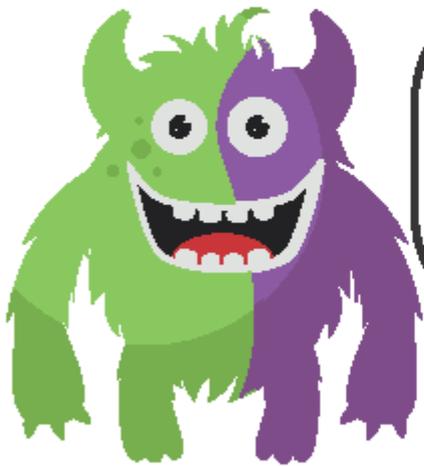
# NOBODY IS PERFECT!

#WellbeingWednesday



# WE ALL NEED A FRIEND

#WellbeingWednesday



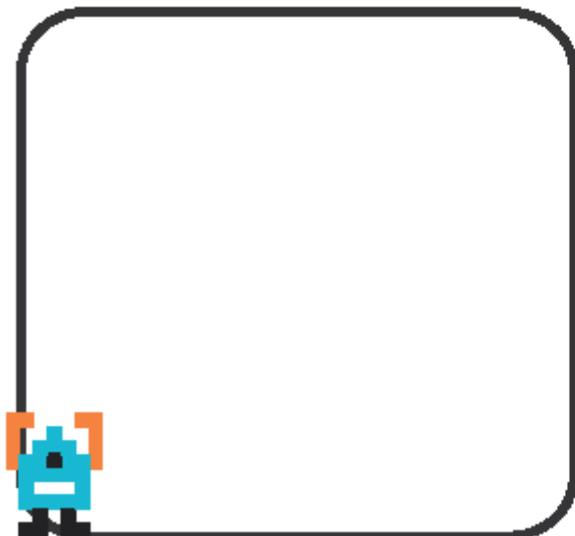
FRIENDS ARE IMPORTANT BECAUSE...



MY FRIENDS  
ARE GREAT!



WE CAN BE A GOOD FRIEND BY...



STAR QUALITIES  
OF A GOOD  
FRIEND



SOMETIMES ALL IT  
TAKES TO MAKE  
A NEW FRIEND IS  
A SIMPLE  
HELLO!

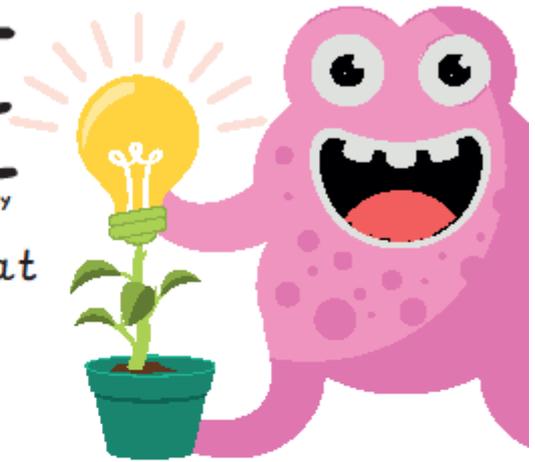


# BE CREATIVE

#WellbeingWednesday

Create an invention that  
everybody would love!

MY INVENTION IS...

A large empty rectangular box with a black border, intended for drawing an invention. In the bottom left corner, there is a small icon of a paper airplane with motion lines. In the top right corner, there are two hanging lightbulb icons.

# FOCUS YOUR MIND

#WellbeingWednesday

FOCUS ON YOUR SURROUNDINGS BY USING YOUR SENSES



WHAT DO YOU SEE?



WHAT CAN YOU HEAR?



WHAT CAN YOU TOUCH?



WHAT CAN YOU SMELL?

USE THIS TECHNIQUE  
WHENEVER YOU NEED  
TO TAKE A MOMENT  
TO CALM DOWN

## Thankful Thursday:

[https://app.seesaw.me/#/activities/library?community&grade\\_level=3&subject=SocialEmotionalLearning&promptId=prompt.0d6987f1-1864-40a5-b4de-6e0566f97615](https://app.seesaw.me/#/activities/library?community&grade_level=3&subject=SocialEmotionalLearning&promptId=prompt.0d6987f1-1864-40a5-b4de-6e0566f97615)

## Fun Friday:

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

<https://www.youtube.com/watch?v=sNog54ovi8Q>

There are lots of resources available on GoNoodle and  
<https://www.walkinmyshoes.ie/schools/primary-school/resources>

Above all else, remember to breathe!