


# Scoil Phadraig Naofa

## Wellness Week

2<sup>nd</sup> June – 5<sup>th</sup> June 2020

Welcome to our Wellness Week. We are asking the children to try out a range of different challenges every day at home. We would love to see how you all get on with these activities, so you can keep us updated with photos through Aladdin Connect. Have Fun!! ☺

Thankful Tuesday	Wellness Wednesday	Triumphant Thursday	Feel Good Friday
<ul style="list-style-type: none"><li>• Fill in a Gratitude Jar or draw things you are grateful for.</li><li>• Go outside and feel the grass between your toes. Look up at the clouds and spend some time trying to figure out the shapes they make.</li><li>• Write Thankful Letters to family, friends or teachers.</li><li>• At the end of the day, list three things you are thankful for to someone at home.</li></ul>	<ul style="list-style-type: none"><li>• Cosmic Kids Yoga (1<sup>st</sup> – 2<sup>nd</sup>) <a href="https://youtu.be/pT-s1-phgxs">https://youtu.be/pT-s1-phgxs</a></li><li>• Meditation (3<sup>rd</sup> – 6<sup>th</sup>) <a href="https://www.youtube.com/watch?v=O29e4rRMv4">https://www.youtube.com/watch?v=O29e4rRMv4</a></li><li>• Positive Affirmations Poster – art activity. See example below: </li><li>• A recipe of me.</li></ul>	<ul style="list-style-type: none"><li>• Go on a family nature walk today. Can you use your five senses to take in what is around you?</li><li>• Have a digital detox for a few hours.</li><li>• Bubble blowing – blow bubbles for 10 minutes, if you have any worries away, pretend they are the bubbles that float away and when they POP your worries are gone.</li></ul>	<ul style="list-style-type: none"><li>• Count how many times you can make someone smile today.</li><li>• SPN Dance Party. Turn the music up and dance to your hearts content. Follow the link to the SPN dance party Spotify list.</li><li>• Family Bake Off. Can you make a treat for your family to enjoy?</li></ul>

Dance Party: <https://open.spotify.com/playlist/0i4UjKX2FlwCaqXCYJW07sZ?si=uA8l17TrQKeFkyj3nnE6yg>