**Wellbeing Wednesday Plan:**

**\*Feelings check in every Wednesday\***

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| **September:** | **October:** | **November:** | **December:** |
| **Week 1—Mindfulness Colouring** | **Week 1—Bring a healthy treat to school for a morning snack before the day starts** | **Week 1—Create posters with messages of motivation and positivity: You Rock!, Be Kind, You’ve got this, etc.** | **Week 1— Make something in art for each child to show what they are proud of.** |
| **Week 2—Meditation Video from Folens Wellbeing Diary** | **Week 2—Go on a mindful walk** | **Week 2—Older classes pair up with younger classes to read Bressie’s ‘Take Five’ book. (Juniors & Seniors with 3rd & 4th), (1st & 2nd with 5th & 6th)** | **Week 2—Watch a funny show at lunchtime—Mr. Bean** |
| **Week 3—Class Exercise in the morning using GoNoodle/Joe Wicks** | **Week 3—Learn 5 new things about one of your classmates that you didn’t know before.** | **Week 3—Have a board game afternoon in each class.** | **Week 3—Talent show in each class** |
| **Week 4—Music on the yard at lunch** |  | **Week 4—Wacky Wednesday!, The children can wear colourful clothes that they feel comfortable in.** |  |
| **Week 5—Gratitude: Use these sentence starters to write or draw a picture—Thank you for\_\_\_\_\_, My happy thing is\_\_\_\_\_\_, I’m grateful for\_\_\_\_\_\_\_** |  |  |  |