








WELLBEING WEEK

MINDFUL MONDAY	THOUGHTFUL TUESDAY	WELLNESS WEDNESDAY	TRY IT OUT THURSDAY	FEEL GOOD FRIDAY
Mindfulness Colouring 	Gratitude tree	Wake and shake 	Teaching new card games 	Wake and shake
Yoga with Máire 	Random acts of kindness 	Outdoor learning time	Reach for the Stars goal setting!	Extra yard time 
Meditation	Thank you cards	Physical activity stations	Trying new food! 	Chalk and bubbles on the yard!



Mindful Monday

“You create your own calm.”

Calming Music for Mindfulness Colouring

Disney
Relaxing Piano
Collection



Guided Meditation



Thoughtful Tuesday

A vibrant rainbow arches over rolling green hills under a blue sky with wispy clouds. The rainbow is the central focus, with its colors clearly visible. The hills are lush green and roll gently into the distance. The sky is a deep blue with soft, white clouds scattered across it.

“Be the reason someone smiles today!”

Gratitude Video (infants-2nd)

What are you thankful for?
Draw it on a leaf to be added
to our school's gratitude tree!



Gratitude Video (3rd-6th)

What are you thankful for?
Draw it on a leaf to be added to
our school's gratitude tree !

How can you Practice
Gratitude?



Colour/design/ write a
thank you card for
someone you are thankful
for!

Thank You

Have You Filled a Bucket Today?



A Guide to
Daily Happiness
for Kids



By Carol McCloud • Illustrated by David Messing

Wellness Wednesday

“Be kind to your mind!”

Wake and Shake

RIGHT

STOMP

LET'S

FOOT



Try it Out Thursday

*“Believe you can and
you’re halfway there!”*

The background features a pattern of gold stars and lines on a white background. The stars vary in size and are scattered across the page. Some stars are solid gold, while others are outlines. The lines are thick and gold, forming a jagged, star-like shape that frames the text.

Reach for the Stars!(senior classes)

Challenge yourself!

Draw/write on a star something new you would like to try or something you would like to achieve before the end of the school year!

Goal Setting



Fun Friday

“Always believe that something wonderful is going to happen!”

Wake and Shake

