



Value: Self Discipline

TS&PC: Managing Information

	Mindful Monday	Thoughtful Tuesday	Well - Being Wednesday	Thankful Thursday	Feel Good Friday
<b>Week 1:</b> 27 <sup>th</sup> Feb. – 3 <sup>rd</sup> March	Pick a Go Noodle video and join in. <a href="https://www.gonoodle.com/videos/lywe97w/whale-breath">https://www.gonoodle.com/videos/lywe97w/whale-breath</a> This one helps you to stay calm with mindful breathing.	Put some of your pocket money or spare cash into your Trocaire box.	How about reading your favourite book whilst dressed up as your favourite character? Reading is a great way to escape reality and calm the mind.	<b>World Book Day</b> Thank someone special by reading them an extract from your favourite book while they relax with a cup of tea.	Choose some feel good music, get on your dancing shoes and have a mini disco with your family or friends!
<b>Week 2:</b> 6 <sup>th</sup> – 10 <sup>th</sup> March	Make time to play outdoors. How about learning some of the games your parents used to play?	Call or visit someone you haven't seen for a while. Connecting with others is important.	Notice when you are tired and take a break asap. Mini breaks help to support your wellbeing and increase productivity.	Be thankful to yourself for something you achieved this week that made you feel proud.	How many ways can you write your name using just a pencil? Think about shape, size, curly writing, bubble writing etc...
<b>Week 3:</b> 13 <sup>th</sup> – 17 <sup>th</sup> March	Try 7-11 breathing. This can regulate, shift, and stabilize energy and mood. The directions are simple: <b>Breathe in</b> for a count of seven. <b>Breathe out</b> for a count of eleven.	Some of the simple things make us happiest are sleeping in a freshly made bed, feeling the sun on your face, or saying thank you to someone.	Design a class fitness circuit. Click on the link to find some fun ideas on Twinkl. <a href="https://www.twinkl.co.uk/resource/p-e-from-the-home-fitness-station-activity-cards-t-mov-500">https://www.twinkl.co.uk/resource/p-e-from-the-home-fitness-station-activity-cards-t-mov-500</a>	Celebrate mothers everywhere this weekend as it is Mother's Day on the 19 <sup>th</sup> . Make a card or your mum or write a letter thanking her for all that she does for you.	<b>Happy St. Patrick's Day!</b> May the 'luck of the Irish' be with you as you take this St. Patrick's Day quiz- ☺ <a href="https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-st-patricks-day">https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-st-patricks-day</a>
<b>Week 4:</b> 20 <sup>th</sup> – 24 <sup>th</sup> March	Regularly pause, stretch, and move during your day. Click on the link to try these 5-minute movements with Joe Wicks. <a href="https://youtu.be/d3LPrhIOv-w">https://youtu.be/d3LPrhIOv-w</a>	<b>World Poetry Day</b> A UNESCO day to promote poetry throughout the world. Write a poem about a friend and share it with them.	Get out in the fresh air and try a Wild Challenge. Check out <a href="http://www.rspb.org.uk">www.rspb.org.uk</a> for lots of fun activities	Surprise someone special with an unexpected thank you note.	Get active! Dig up weeds or plant some seeds. Click on the link for some ideas. <a href="http://kidsinthegarden.co.uk/plants-for-kids/sowing-and-growing-beans-with-children/">http://kidsinthegarden.co.uk/plants-for-kids/sowing-and-growing-beans-with-children/</a>
<b>Week 5:</b> 27 <sup>th</sup> – 31 <sup>st</sup> March	Pause and take some time to just look at the sky and the clouds. It is important to appreciate calm moments, being mindful of the world around us.	Why not find out a little bit more about your family? Spend some time together and discuss how you can create your own family tree.	Make an obstacle course. Make a balance beam by marking a straight line on the floor with masking tape. Jump in and out of circles - mark these using masking tape. Climb high, lie low, jog on the spot, star jumps and lots more!	Thank God for all your talents. Learn a new skill from a friend or teach them something new. It is important to keep learning new things, no matter how small.	Make a den! Consider seating areas for 'chilling out'. Add props such as playing cards, dominoes, marbles, or a football. Add music too to create a real hang-out space.