



February Value: Forgiveness

February TS&PC: Self - Management

Week	Mindful Monday	Thoughtful Tuesday	Well - Being Wednesday	Thankful Thursday	Feel Good Friday
Week One 29 th January to 2 nd February	Do some stretches. Your body can benefit from simply standing up, stretching your muscles and moving around for a few minutes.	Make a card or a gift to thank someone special.	The Feast Of St. John Bosco (Patron Saint of school children). Help someone at your table in school.	The Feast Of St. Brigid (The Patron Saint of poets). Write a poem to say Thank You or have a go at making a St. Brigid's Cross and give it to someone special.	The Feast Of St. Blaise (Tomorrow) (Patron Saint of ailments of the throat) Get your throat blessed to help keep throat infections away.
Week Two 5 th to 9 th February (Children's Mental Health Week)	Connect with nature. Ask your teacher if your class can take part in the Big Schools' Bird Watch .	Safer Internet Day Help other pupils remember their SMART Rules for Safe Internet Use by creating and printing some posters.	Take a digital break. Mindfully stepping away from your digital devices for short periods of time during your day allows you to feel more focused and centred when you do plug back in.	Creating a photo album can help show someone how much you appreciate them by reminiscing about all the fun things you've done together.	Dust off those board games and spend some time together having good old fashioned fun. Being part of a game makes children feel included and encourages lots of communication and interaction.
Week Three 12 th to 16 th February	Read one of your books or read a book/story to someone else.	Shrove Tuesday If you are making pancakes today, how about making a few extra for a friend or an elderly relative? I'm sure they would really appreciate it.	Valentine's Day Spread the love by complimenting a friend or family member. Ash Wednesday Think about setting yourself a 'Lenten Promise' to follow this month.	Thank someone – even if it is for something small. It might really make their day.	Wake up with the attitude that today will be a great day and put a positive spin on every negative thought or comment. Encourage others with your positivity.
Week Four 19 th to 23 rd February	Go somewhere with your family (even your garden) and walk in silence, listening for sounds you typically: birds singing, branches swaying in the breeze, your own steady breath, etc.		Clear out the clutter. Take some time to clear away things you no longer use. Perhaps your unwanted items could be given to charity?	Go to bed in good time and allow yourself time to recharge ready for the next day. Before you fall asleep, think about all those things which you have been thankful for today.	Build play into your everyday routines. Play games whilst tidying up, washing the dishes, or doing the laundry. Play games in the car such as spotting certain types or colours of cars, shops, animals etc