



**Value: Respect**

**TS&PC: Managing Information**

	<b>Mindful Monday</b>	<b>Thoughtful Tuesday</b>	<b>Well-Being Wednesday</b>	<b>Thankful Thursday</b>	<b>Feel Good Friday</b>
<b>Week 1:</b> Nov 7 <sup>th</sup> - 11 <sup>th</sup>	Walk mindfully, paying close attention to everything. Make sure you walk in silence as you want to pay attention to all the little details.	Connect with an older relative or neighbour-a simple chat or helpful gesture can go a long way to brighten up someone's day 😊 	Try out a new way to practise self-care and remember to take time for yourself. You cannot help others until you learn how to be kind to your own self first.	Pick a classmate and tell them one thing you are thankful for about them. For instance, '(name) I am thankful for your musical talent as you make our choir sound so sweet'.	Remember to sit with your family when eating a meal. Enjoy being in each other's company and talk about your week. Really listen to each other, without the distraction of T.V., iPads or Mobile phones.
<b>Week 2:</b> Nov 14 <sup>th</sup> - 18 <sup>th</sup>	This is Anti – Bullying Week and Odd Sock Day. The theme this year is Reach Out. If you are being bullied, reach out to a friend or member of staff in school. If you know someone who is being bullied help them to reach out.	Think about nature and the falling of the leaves from the trees. Take comfort in the knowledge that change is a good thing, just as the leaves must fall, so must we continue to learn, grow and respect each other.	Read to someone else, for their enjoyment. It could be a friend, a sibling, a parent or even your teacher!	Sing a song or write a prayer to God to thank him for all your blessings.	Enjoy listening to some new music today! Sing along, dance and just have fun. 
<b>Week 3:</b> Nov 21 <sup>st</sup> – 25 <sup>th</sup>	Look at life through the eyes of someone else. Put your own feelings to one side for a moment and grasp some perspective.	Make a meal or help someone using one new ingredient you have never tried before. 	At the end of the day, share one good point and one bad point about your day with a friend, family member or your teacher.	Make a Friendship Bracelet for a friend to remind them how thankful you are that they are in your life.	Give yourself a boost! Try a new way of being active. Swimming? Running? Cycling? It's up to you!
<b>Week 4:</b> Nov 28 <sup>th</sup> – 30 <sup>th</sup>	Look for reasons to be hopeful, even in difficult situations. Keep a positive outlook on things and encourage others to do the same. 	Think about all the people who help you in any way. Let them know how much you appreciate them with a cup of tea, a hug, a card or a letter.	With an adult's permission, go to, <a href="http://www.cosmickidsyoga.com">www.cosmickidsyoga.com</a> online and try out some of the yoga videos, either on your own, with a friend or the rest of your class.		

