



October Value: Prayer

TS&PC: Thinking Problem Solving and Decision – Making

Week	Mindful Monday	Thoughtful Tuesday	Well-Being Wednesday	Thankful Thursday	Feel Good Friday
Week One 3 rd to 7 th	It's World Space Week! The focus for 2022 is 'Space and Sustainability'. Perhaps you could draw and colour a picture of your favourite planet.	It is the Feast of St. Francis Of Assisi . He is the Patron Saint of animals and the environment. Perhaps you could say a special prayer to him during a quiet moment of the day. 🐦	How would your friends and family describe you? Draw a picture of yourself and ask your friends and family to describe your best qualities by writing them around it. Remind yourself of these qualities every day.	October is the month of Prayer . Remember to pray the Rosary, if you know it, or ask someone to teach it to you. You could aim to pray one decade each day at home or in school. 	Remember to get out into the fresh air and appreciate nature. Perhaps go for a nice walk or bike ride.
Week Two 10 th to 14 th	It is World Mental Health Day . Spend some time today doing something that makes you smile. You could read a funny story or tell your friends some jokes.	Write a letter to someone and let them know you are thinking of them. Sometimes just putting pen to paper helps to focus your thoughts and clear your mind.	Do some exercise that really gets your heart pumping. Feel your heart rate afterwards until it slows right down again.	Perhaps you could start a gratitude journal and list three things which you have been thankful for this week and keep it going.	It is World Food Day on Sunday, 16 th . How about spending some quality time with a family member making your favourite recipe together! Yummy! 
Week Three 17 th to 21 st	Try some Yoga from Cosmic Kids. Remember to take time to relax and unwind.	Get out your jigsaws or crosswords and do a puzzle. Switch off from any distractions.	Aim to eat your 5 a day today. It will make you feel so much healthier. 	Read a book with a friend or to a younger brother or sister.	Make a treasure map for your family and go on a treasure hunt around your house.
Week Four 24 th to 28 st	Close your eyes while you breathe and focus on the air going into and out of your body. Remember to always breathe and count to ten in stressful situations before you react.	What are the greatest qualities of a friend? Have a think about this and perhaps jot them down. Think about ways you can be a good friend as well.	Take time to think about your accomplishments to date and how much you have achieved and will continue to achieve at home and at school. Give yourself a big pat on the back.	Appreciate the world around you by offering to water the plants, pull some weeds or tidy the flowerbeds. Every little helps! 	Get your costume ready for a Spooktacular Hallowe'en on Monday. 