



Value: Generosity

TSPC: Being Creative

	Mindful Monday	Thoughtful Tuesday	Well-Being Wednesday	Thankful Thursday	Feel Good Friday
Week 1: 28 th Nov - 2 nd Dec	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, www.cosmickidsyoga.com online and try out some of the yoga videos, either on your own, with a friend or the rest of your class.	How many ways can we say or show thanks? Think of the different words, phrases and actions we do in Ireland as well as other countries. How many ways can you come up with? MERCII!	How about participating in 'Tree Dressing Day'! You could make a funky lantern, colourful bird feeders or whatever you like and simply go outside and decorate a tree! Appreciate how important our trees are and find out the history behind this activity.
Week 2: Dec 5 th - 9 th	Think about the image. Is your mind full or are You mindful? 	Give your teacher something to think about...how about you teach them something you think they may not know already?	There may be lots of Christmas treats around, but don't forget to eat your 5 a day! Fruit and veggies are super important to keep healthy.	Get that glitter out and get creating! Home-made Christmas cards are always the best! Start making them for your nearest and dearest.	How about telling your classmates and teacher a joke? Perhaps it's one you already know or one you have made up yourself! Spread some joy!
Week 3: Dec 12 th - 16 th	Every hour or so, simply take three calm breaths in and out. This will help you refocus and concentrate.	Think about what your favourite time of the school day is and why. Draw a picture of this time of day.	Make a particular effort to treat everyone with kindness today... including yourself! 	If you haven't already, get your Santa letter written. Remember to thank him for last year's presents too! 	Christmas Jumper Day! Create your very own Christmas jumper..either design it on paper or get straight to work making one. If you have one at home, put it on!
Week 4: Dec 19 th – 23 rd	Starting at the feet, gently squeeze your foot muscles for 5 seconds then release. Do this the whole way up your body, on your calves, arms, shoulders and feel your whole self, begin to relax. 	Think about those less fortunate than yourself, especially during this Christmas month. Think of one kind act you could do to help another person who may be struggling.	Christmastime is all about spending quality time with your friends and family. Enjoy some uninterrupted time to chat, play a game or go for a walk together. Last minute decorating is always fun as well as curling up to watch a Christmas movie together!	Take a moment to reflect on all you have achieved this year. Write or draw some of the things you are most proud of. Share this with someone, be thankful to yourself and others for your achievements so far.	Keep active! Remember to get outside for a walk, even though it may be cold. Wrap up, get out there and you will feel much better for doing it. Just 15 minutes exercise can help relieve stress and anxiety.

