



**January Value: Honesty**

**January TS&PC: Working With Others**

Week	Mindful Monday	Thoughtful Tuesday	Well - Being Wednesday	Thankful Thursday	Feel Good Friday
<b>Week One</b> 1 <sup>st</sup> to 5 <sup>th</sup> Jan.	<b>New Years' Day</b> Mindful Breathing: Taking deep breaths is so important in relaxation. Using a pinwheel, blowing bubbles, blowing out candles, picturing a balloon opening and closing with breath. Even breathing in while you count to 5 and then breath out is relaxing.	Share the household chores. Help with the washing up, hoovering, tidying, etc., without having to be asked.	Relax and enjoy a foot rub. Make a fist and rub the soles of your feet. Press hard and your feet will send calming messages to the rest of your body in no time at all.	Sit outside for 10 minutes and notice 5 beautiful things.	Say positive things to the people you meet today.
<b>Week Two</b> 8 <sup>th</sup> to 12 <sup>th</sup> Jan.	<b>Body Scan:</b> Lie on your back. Tense up all your muscles from head to toe and hold for 10 - 15 seconds. Then release and relax. This exercise helps you to recognise how your body is feeling in a tense vs. calm state.	Reach out to someone who is lonely and spend some quality time with them.	Go for a walk, jog or run for 30 mins today with family or friends.	Tell someone you are grateful to them and explain why.	Play your favourite song and dance around the house.
<b>Week Three</b> 15 <sup>th</sup> to 19 <sup>th</sup> Jan.	<b>Visualization or Guided Imagery:</b> This is used to promote positive mental images. Start by closing your eyes, while seated or lying down. Ask someone to read a text and visualize the image in your mind, then draw a picture of that place and keep it at home as a reference to a calm place.	Contact someone that you haven't seen for a while to see if they are ok. Send them a text, call them or write them a letter.	Go to bed in good time and allow yourself to recharge.	In the evening choose 3 things that went well today.	Eat a small amount of your favourite chocolate. Did you know – a small amount of chocolate is good for the brain?
<b>Week Four</b> 22 <sup>nd</sup> to 26 <sup>th</sup> Jan.	<b>Catholic Schools Week</b> Positive Planning: Find three things to look forward to this year. Write them on post – its and display them in your house.	<b>Catholic Schools Week</b> Pet Pamper: Pamper your (or a friend's) pet by doing something that it enjoys e.g., bathing it, taking it for a walk, making its bed cosy.	<b>Catholic Schools Week</b> <b>Grandparents' Day</b> Attend Mass with a grandparent and enjoy some tea together afterwards.	<b>Catholic Schools Week</b> Take some time to thank God for the precious gift of nature. Maybe take part in the <b>Big Garden Birdwatch.</b>	<b>Catholic Schools Week</b> Have a movie night or go to the cinema.