



February Value: Forgiveness

February TS&PC: Self - Management

Week	Mindful Monday	Thoughtful Tuesday	Well - Being Wednesday	Thankful Thursday	Feel Good Friday
Week One 2 nd to 6 th February	☺ Smiling slows the heart and relaxes the body and it releases endorphins that counteract and diminish stress hormones.	The Feast Of St. Blaise Draw a picture of St. Blaise to give to your teacher, a family member or Canon McGahan.	Do some stretches. Your body can benefit from simply standing up, stretching your muscles, and moving around for a few minutes.	Remember to say "Please" and "Thank you" to anyone who provides or prepares food for you today.	Time To Talk Day Spend some quality time with a friend or family member. Ask them how they are and encourage them to talk about anything that is worrying them.
Week Two 9 th to 13 th February Children's Mental Health Week	Connect with nature. Numerous studies have shown that spending time in nature can boost your immune system, relieve symptoms of depression and anxiety and energise you.	Safer Internet Day Share SMART rules for keeping safe online with someone younger than you and explain to them what they mean.	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.	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.	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 16 th to 20 th February	14th - Valentine's Day Spread the love by making a gift for a friend, family member or perhaps your teacher!	Shrove Tuesday If you are making pancakes today, how about making a few extra for a friend or an elderly relative?	Ash Wednesday Think about setting yourself a Lenten Promise which focusses on your wellbeing.	Thank someone – even if it is for something small. It might really make their day.	Laughter is definitely the best medicine. Have a stand-up session and encourage your young comedians to share their favourite jokes.
Week Four 23 rd to 27 th February	Go somewhere with your family (even your garden) and walk in silence, listening for sounds: birds singing, branches swaying in the breeze, your own steady breath, etc.	Choose one of your strengths and find a way to put it to good use today to help someone else.	Get the family involved and make some tasty meals. Follow the link to try some new recipes. https://www.nhs.uk/chanqe4life/recipes	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. Make shopping fun by playing find the item, I spy or using picture shopping lists. Play games in the car such as spotting certain types or colours of cars, shops, animals etc