

Wellness Week 2020

Mind Yourself Monday



Junior Infants-2nd Class

Make a Wellness Journal

You will need a note book or copybook. Decorate the outside anyway you like. The more creative the better.



In your Wellness Journal draw a picture of the things that **make you happy**. 😊

Tuning into our Feelings

Here is a beautiful story that encourages us to think about how our heart is feeling:

<https://www.youtube.com/watch?v=xlfLgHBwYx4>

Our Calm Box



A Calm Box is a box of things that help to calm and sooth us when negative emotions start to take over. If you are feeling sad or angry or upset, you can go to your Calm Box and choose something from it that will help. So how do we make it? Well, first we need to gather a selection of items/activities that we know will help to improve our mood when we aren't feeling so good. Ideally try and find something to touch, smell, taste, look at and listen to so that all the senses are

Wellness Week 2020

covered. Find a list of suggestions for each here: <https://www.linkedin.com/pulse/make-emergency-box-your-child-tough-times-sarah-lewis?fbclid=IwAR30oA1AQNY6-UJ9wqC5t96yAKzR8hUcpNyyGv2xFWq7vznCcwRQvunMVDQ> Pop them all in a box or basket and it is ready to go!

Be Creative with Lego!

<https://thestemlaboratory.com/wp-content/uploads/2020/02/LEGO-Challenges.pdf>

I am Amazing worksheet

Look at the worksheet and talk to someone in your family about it.

I Am an Amazing Person!

Read and complete the sentences below.
You can draw or write the answers.



Music

Listen to and make up a dance to your favourite song.

Mindfulness

Watch the video clip :Introduction to Mindfulness/Meditation <https://youtu.be/8rp5bpFIUpq>

Time to Relax:

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>

My Special Place

Wellness Week 2020

Find your favourite place in your house or garden and make your own den.

Make a Happiness Jar.

Find a jar at home. If you want you can decorate it. On a piece of paper, every day or even once a week, whatever suits your family, everyone draws or writes about something that happened that made them happy. Make sure to put the date on it and pop it in the jar. Decide as a family when you will share the memories in the jar with each other. Maybe a month from now or even a year.

Worry Lorry

Have a listen to the story, "Everybody Worries".

https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx&fbclid=IwAR3Ur6biuAVWa-HnE3VltsEid5BreWmNxjt_ryltYToa3fyCimPfyKjuuw

Draw your own Worry Lorry in your Wellness Journal. With the help of a parent draw or write the things you are worried about. Then make a list of the things that can help you feel better. Maybe you could add some activities from our Wellness Week to your list if you enjoy them.



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Mind Yourself Monday



3rd - 6th Class

Make a Wellness Journal

You will need a note book or copybook. Decorate the outside anyway you like. The more creative the better.



In your **Wellness Journal**, you are going to write about 3 times that you felt happy today. Don't feel like writing? Draw some pictures.

Time for some music

Listen to and dance to your favourite song. Write the name of your favourite song in your Wellness Journal and draw some pictures of images that it creates in your head

Make a Happiness Jar.

Find a jar at home. If you want you can decorate it. On a piece of paper, every day or even once a week, whatever suits your family, everyone draws or writes about something that happened that made them happy. Make sure to put the date on it and pop it in the jar. Decide as a family when you will share the memories in the jar with each other. Maybe a month from now or even a year.

Mindfulness and Meditation:

Watch video clip :Introduction to Mindfulness/Meditation <https://youtu.be/8rp5bpFIUpq>

My Special Place

Find your favourite place in your house or garden and make your own den.

I am Amazing Worksheet

Wellness Week 2020

Write the answers in your Wellness Journal. Maybe decorate your answers with your favourite colours or shapes like on the worksheet.

I Am an Amazing Person!

Read and complete the sentences below.
You can draw or write the answers.



Our Calm Box



A Calm Box is a box of things that help to calm and sooth us when negative emotions start to take over. If you are feeling sad or angry or upset, you can go to your Calm Box and choose something from it that will help. So how do we make it? Well, first we need to gather a selection of items/activities that we know help to improve our mood when we aren't feeling so good. Ideally try and find something to touch, smell, taste, look at and listen to so that all the senses are covered. Find a list of suggestions for each here: <https://www.linkedin.com/pulse/make-emergency-box-your-child-tough-times-sarah-lewis?fbclid=IwAR30oA1AQNY6-UJ9wqC5t96yAKzR8hUcpNyyGv2xFWq7vznCcwRQvunMVDQ> Pop them all in a box or basket and it is ready to go!

Worry List

Wellness Week 2020

In your Wellness journal, draw or write the things you are worried about. Then make a list of the things that can help you feel better. Maybe you could add some activities from our wellness week to your list if you enjoy them.

Thankful Tuesday

Junior Infants- 2nd Class

Storytime:

<https://youtu.be/JIodsXEvo4U>

Are you ready to have an attitude of gratitude?

A video clip to help your child think about gratitude:

<https://www.youtube.com/watch?v=T5Umo80x9og>

Gratitude Meditation:

<https://www.youtube.com/watch?v=Wsc5Diz5hAI>

Gratitude Prompts

Read "Gratitude Prompts" to help you think about what you are grateful for.

GRATITUDE PROMPTS

1. A **strength**  of mine for which I am grateful is...
2. Something **money can't buy**  that I'm grateful for is...
3. Something that **comforts me**  that I'm grateful for is...
4. Something that's **funny**  for which I'm grateful for is...
5. Something **in nature**  that I'm grateful for is...

Wellness Journal

I Am Grateful for...

Each and every day, things happen that we don't always pay attention to. Sometimes, these are the most important things that we should be grateful for.

Write or draw a list of things that you are thankful for in your Wellness Journal

Thank You Cards

Write a letter/ make a card to someone (Mum/Dad/Granny/Granddad/a frontline worker....) to tell them you are grateful for their help/encouragement/support

Make a call

Call/ video call someone to tell them how thankful you are to have them in your life

Wellness Week 2020

Thankful Tuesday

3rd-6th Class

Why is Gratitude Important?:

https://www.youtube.com/watch?v=U5IZBjWDR_c

Gratitude meditation:

<https://www.youtube.com/watch?v=64QzBuhsyuk>

Gratitude Prompts

Read "Gratitude Prompts" to help you think about what you are grateful for.

GRATITUDE PROMPTS

1. A **strength**  of mine for which I am grateful is...
2. Something **money can't buy**  that I'm grateful for is...
3. Something that **comforts me**  that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is... 
5. Something **in nature**  that I'm grateful for is...
6. **A memory** I'm grateful for is....
7. Something that **changes**  that I'm grateful for is....
8. A **challenge**  I'm grateful for is....
9. Something **interesting**  that I'm grateful for is...
10. Something **beautiful**  I'm grateful for is...

Wellness Journal

I Am Grateful for...

Each and every day, things happen that we don't always pay attention to. Sometimes, these are the most important things that we should be grateful for.

Write and illustrate a list of things that you are thankful for in your Wellness Journal. You can do this every day or even just once every week. It is so important to remind ourselves of all the good things we have in our lives, even on bad days. Use your gratitude prompts to help you.

Thank You Cards

Write a letter/ make a card to someone (Mum/Dad/Granny/Granddad/a frontline worker....) to tell them you are grateful for their help/encouragement/support.

Make a call

Call/ video call someone to tell them how thankful you are to have them in your life and why.

Wellness Week 2020

Make a Gratitude Collage

Use magazines, newspapers, photographs, your own drawings and any other materials around the house or in the garden to make a collage of things you are grateful for. Have a look at the example below.



Walk it out Wednesday



Junior Infants to 2nd Class

Obstacle Course

Make an obstacle course in your garden and complete it. Draw a picture or take a photo of yourself with your creation



Wellness Week 2020

Family Time

Go for a walk/ cycle with your family. Maybe even try a mindful walk or a scavenger hunt?



Yoga!

Try some Cosmic YOGA based on The Twits:

<https://youtu.be/9vLpwN-DGw!>

Animal Walks:

Try out some of these animal walks and then come up with your own.



Wellness Week 2020

Time for a game:

ANIMAL WALKS

Write a bunch of different animals on pieces of paper, throw them into a hat and have your child randomly choose a few.

Have them walk across the living room while pretending to walk like the animal they chose and see how long it takes the rest of the family to figure out what the animal is.

Make sure to include bunny rabbit, snake, bear, and crab in your choices and demonstrate the moves ahead of time.



Art Activities (Just pick one!)



RAINBOW TWIGS

You will need to collect twigs while on your walk or from your garden. Try and find twigs with a slightly curved shape.

(7 max. One of each colour of the rainbow. Arrange in a rainbow shape on card. Paint the colours of the rainbow. Let dry and stick on card.

PEBBLE PICTURES

Create a pebble picture of your family.

Collect pebbles



Wellness Week 2020

Arrange each person in your family-small pebble head, larger one for body.

Make each person in your family

Arrange on card



When happy stick your pebble family on the card

Use twigs to make house frame

Outside Adventures:

30 THINGS TO DO WITH YOUR KIDS OUTSIDE				
Look at a cloud and say what you think it looks like. <input type="checkbox"/>	Make a wish on a dandelion. <input type="checkbox"/>	Explore a cobweb and make spiders cool. <input type="checkbox"/>	Hug a tree. <input type="checkbox"/>	Build a house for fairies. <input type="checkbox"/>
Read a book in the woods. <input type="checkbox"/>	Fill a basket with nuts, leaves, and sticks that have fallen from trees. <input type="checkbox"/>	Pick up 3 pieces of trash from outside. <input type="checkbox"/>	Identify 3 birds. <input type="checkbox"/>	Throw rocks in a river, pond, or puddle. <input type="checkbox"/>
Plant wildflowers. <input type="checkbox"/>	Build a rock cairn. <input type="checkbox"/>	Slide down a sand or grassy hill. <input type="checkbox"/>	Explore a trail you have never been down. <input type="checkbox"/>	Draw pictures in the dirt. <input type="checkbox"/>
Paint rocks with water and see what colors arise. <input type="checkbox"/>	Splash in a big puddle. <input type="checkbox"/>	Put bugs in a bowl and observe them. <input type="checkbox"/>	Work in a garden or explore a public garden. <input type="checkbox"/>	Pick out how many shades of green you see on a trail. <input type="checkbox"/>
Look for something prickly. <input type="checkbox"/>	Sing in the rain. <input type="checkbox"/> <small>no rain?? stick your head in a fountain or waterfall and sing!</small>	Plant a seed that you find on the trail. <input type="checkbox"/> <small>ie. acorn, pine cone, willow fuzz</small>	Have a picnic. <input type="checkbox"/>	Find a trail with a creek and look for the animals that live in it. <input type="checkbox"/>
My Trail Name a trail with your own special name. <input type="checkbox"/>	Make binoculars out of toilet paper rolls and spy something through them. <input type="checkbox"/>	Make a new friend. <input type="checkbox"/>	Walk like a duck, a deer, or a bear. <input type="checkbox"/>	Find different items that are your child's favorite color. <input type="checkbox"/>

Maybe try one or two?

Wellness Journal:

Write/draw three things that made you happy today

Write/draw three things that you were thankful for today

Wellness Week 2020



Walk it out Wednesday



3rd-6th Class

Yoga!

Try some Cosmic YOGA based on Harry Potter

<https://youtu.be/R-BS87NTV5Ir>

Obstacle Course

Make an obstacle course in your garden and complete it. Draw a picture or take a photo of yourself



Family Time

Go For a walk/ cycle with your family. On your walk , see if you can collect some twigs to complete today's art activity. Maybe complete a scavenger hunt on your walk?

Wellness Week 2020

NATURE SCAVENGER HUNT

Can you find ...

- an acorn
- flying insect
- tree stump
- spiderweb
- squirrel
- moss on a tree
- 4 different types of birds
- 3 types of leaves
- a rock big enough to stand on
- pinecones under a coniferous tree
- red flower
- tree with bark that is NOT brown
- animal tracks in the mud/dirt
- a path into the woods
- an animal making noise
- something you didn't expect to see



Art Activities:



LOVE HEART TWIG HEART.

Cut out heart shape on card board—any size you like!

Collect Twigs from your walks or from your garden.

Stick your twigs onto to your cardboard cut-out heart. You can paint it if you want to or leave it natural looking. You can add a ribbon or a piece of string

to hang it on the wall.

PEBBLE PICTURES

Create a pebble picture of your family.

Collect pebbles



Wellness Week 2020

Arrange each person in your family-small pebble head, larger one for body.

Make each person in your family

Arrange on card

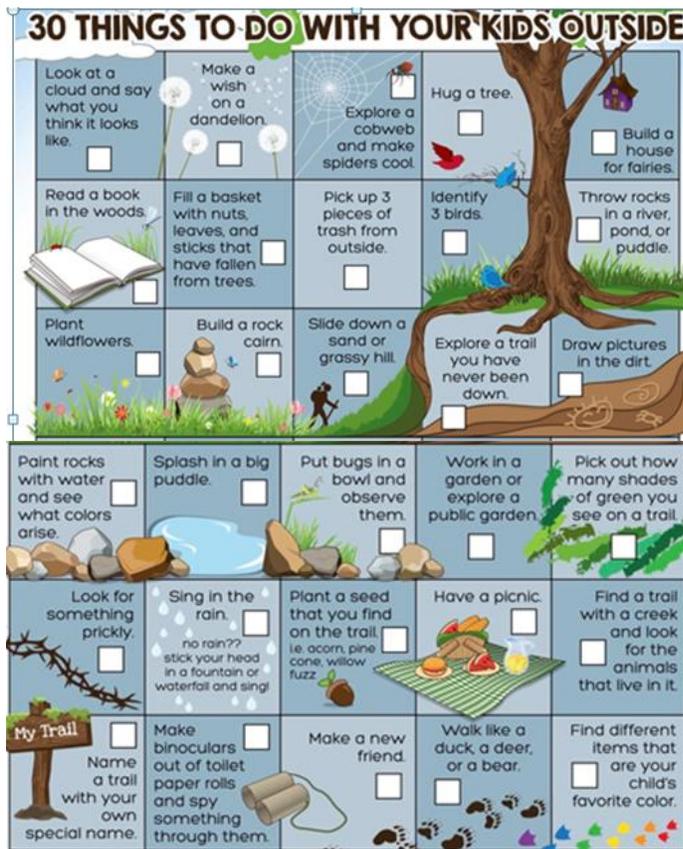


When happy stick your pebble family on the card

Use twigs to make house frame

Outside Adventures:

Maybe try one or two of these?



Wellness Journal:

Write/draw three things that made you happy today

Write/draw three things that you were thankful for today

Wellness Week 2020



Tasty Thursday

Junior Infants to 2nd Class

A Balanced Diet

Have a look at this series of videos that focuses on educating us about healthy eating:

<https://www.youtube.com/watch?v=mMHVEFWNLMc>

Wellness Journal

Draw a picture of your favourite healthy foods and drinks.

Make it

Make a healthy snack with the help of an adult

Try it

Try a food that you have never tasted before

Time for a game

This can be played by all the family. Ask an adult to get a selection of food together with different tastes and textures. You need to wear a blindfold and try the different foods when you are given them and guess what they are! Explain why you think the foods are what you guessed. Maybe you could put some foods together for a parent and ask them to wear the blindfold?

Shopping: This week help put away your family's shopping. Why do some things need to go in the fridge? Or a dark cupboard? See if you know where everything goes

Treat Thursday: What is your favourite treat to have? Draw a picture in your journal.

Wellness Week 2020



Tasty Thursday

3rd-6th Class

Health Eating PowerPoint:

[Healthy Eating Powerpoint.ppt](#)

Wellness Journal: Design your own healthy menu with starter, main course and dessert

Your favourite healthy meal

What is your favourite meal? Draw a picture of the ingredients and write out the steps to complete the recipe. (you might need to ask an adult about this if you don't know) Maybe you could help to make it the next time an adult is making it for your family?

Make your own: Make one of your meals yourself today. Make sure it is healthy!

Shopping

This week help put away your family's shopping. Why do some things need to go in the fridge? Or a dark cupboard? See if you know where everything goes

Treat Thursday

What is your favourite treat to have? Draw a picture in your journal.

Time for a game

This can be played by all the family. Ask an adult to get a selection of food together with different tastes and textures. You need to wear a blindfold and try the different foods when you are given them and guess what they are. Explain why you think the foods are what you have guessed. Maybe you could put some foods together for a parent and ask them to wear the blindfold?

Wellness Week 2020



Junior Infants to 2nd Class

Wellness Journal

Draw your friends.

Connect

Phone or video call one of your friends

Contact

Write or make a card for one or more of your friends. Could you post it or drop it to their house?

Sing and dance along

<https://www.youtube.com/watch?v=nMN4JZ8crVY>

Can you think of any other songs about friends? Ask an adult to play them for you!

Friendship Frame

Make a nature frame and picture send a photo of it to a friend to brighten up their day. Instead of creating a picture of something that makes you happy, maybe you could create a picture of something that makes your friend happy.

Wellness Week 2020

The Activity:

1. Go on a nature treasure hunt around your garden or near to your home. Allow your child to be creative and search out lots of different items, collecting as many items and colours as possible.
2. Decide with your child what material they would like their photo frame to be made out of. It could be made from sticks, flower stems, wooden planks or even lots of small stones. It could even be a mixture of different items, depending on what you find.
3. Create your photo frame making a square shape.
4. Using your collected items, create a picture inside your photo frame. Your child could create a portrait of themselves or a picture of something that makes them happy e.g. a pattern, a place, another person or an animal.



Friendship Soup

<https://www.youtube.com/watch?v=H7w7yXkJTu0>



3rd - 6th Class

Wellness Journal

What qualities do you have that make you a good friend? Write them in your journal.

Connect

Phone or video call some of your friends

Contact

Write or make a card for one or more of your friends. Could you post it or drop it to their house?

Make it

Wellness Week 2020

Make a photo frame for your favourite photo of you and your friend or friends. You could even make two and give one to one of your friends and put a big smile on their face!



Sing and dance along

<https://www.youtube.com/watch?v=99Op1TaXmCw> Can you think of any other songs about friends?