

**Scoil Naomh Fursa-Wellbeing Homework- Monday 26<sup>th</sup> February- Friday 1<sup>st</sup> March 2024**

<p>Play a board game/Lego</p> 	<p>Go for a walk/cycle</p> 	<p>Read a book</p> 	<p>Play an outdoor game example: tag</p> 
<p>Go for a cycle</p> 	<p>Listen to your favourite songs/ music</p> 	<p>Have a dance party</p> 	<p>Do a random act of kindness</p> 
<p>Do some skipping</p> 	<p>Go for a run around your garden</p> 	<p>Walk the dog</p> 	<p>Have a non-screen night</p> 
<p>Do some go noodles</p> 	<p>Help out in the garden-water, weed or plant some seeds</p> 	<p>Do some baking with your family</p> 	<p>Draw a picture/do some colouring</p> 
<p><u>Play a game of football, soccer, basketball, get active for 15 minutes</u></p> 	<p><u>Write down 5 things you are grateful for</u></p> 	<p><u>Meditation- Listen to some relaxing music to help you relax</u></p> 	<p><u>Watch a movie or your favourite tv show</u></p> 