Wellbeing Week 2024- Scoil Naomh Fursa Claran

Mindful Monday	Thankful Tuesday	Wellbeing Wednesday	Terrific Thursday	Feel Good Friday
Guided Meditation in each class each morning (10 mins) Tag Rugby PE/Movement breaks for each class Mindfulness reading (D.E.A.R time) D.E.A.C (Drop everything and colour) Extra Art/PE/ Outside time. **Song of the day** Don't worry, be happy	Guided Meditation in each class each morning (10 mins) YOGA for each class in the hall with Niamh Jones. Children can bring slippers to school to wear, Cosy day. Each child completes a Grateful jar for display. Discussion of things we are grateful for. *Hot chocolate party in the afternoon* **Song of the day-** Katy Perry ROAR	Guided Meditation in each class each morning (10 mins) Well-Being Wall Cube Activity for every child to complete. Helping to build our whole school Wellbeing Wall. PE- Obstacle courses for junior classes organised by Wellbeing committee and senior classes on Astro. *Irish Dancing as normal during the day* School PE uniform can be worn today. Extra PE and Art time to be given to each class **Song of the day-** Pharrell Williams 'Happy'	Guided Meditation in each class each morning (10 mins) **WellBeing Poster competition** Junior Classes-Colouring competition Senior Classes-Design a poster to promote wellbeing within our school. Board game afternoon (Children can bring in a board game to play with their classmates if they wish) **Song of the day-** Taylor Swift 'Shake it Off'	Guided Meditation in each class each morning (10 mins) **Teddy Bear's Picnic** Juniors/Seniors/1st- Can bring their teddies to school for a picnic on the astro-Weather permitting. **Pieta House Fundraiser-** Wear an outfit to school that makes you feel good/makes you feel happy. Donation can be made to Pieta House if you wish. Buddy Reading-Classes pair up for shared reading- Junior and senior classes get to read for each other and discuss books and stories together. Movie Afternoon- Popcorn and Movie Fun! **Song of the day** Natasha Bedingfield- Unwritten

THE AMBER FLAG INITIATIVE
PROMOTING POSITIVE MENTAL HEALTH IN SCHOOLS,

pieta