

Wellness Week 2020



We have been actively involved in our **AMBER FLAG INITIATIVE** for over two years. This flag focuses on our pupil's and staff mental health and wellbeing. We have had so many fun activities such as; Mindfulness, Zumba, Happiness Homework, Daily Mile, Feel Good Fridays, Mental Health & Well Being notice boards to mention but a few. This coming week we would love the children to try a different activity each day. Let us know how you and your child gets on. We would love to see the children happy and engaging in an activity. **HAVE FUN.**

Thank you, Ms. Kearney and Ms. Laide (Amber Flag Committee)

Monday	Tuesday	Wednesday	Thursday	Friday
P.E. with Joe Wicks or Cosmic kids Yoga- younger children (links below) Make a card for someone you miss and post it. Turn OFF technology/computers/ phones for a day.	Dance around your kitchen to some fun songs. Tidy/declutter your bedroom or playroom.	Go on a family nature walk. Think about how good nature feels. Draw a picture of something you saw.	Make up a game with your family. Write 3 things that you will look forward to doing when things go back to normal. Write 3 things you are thankful for.	Build a tent/fort. Play a family board game. Do the Daily Mile (15mins of run) get your parents to join in too!

P.E. with Joe-<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Cosmic Kids Yoga-<https://www.youtube.com/user/CosmicKidsYoga>