

## St. Joseph's Primary School

## Wellbeing Week 25 September 2017 – 29 September 2017

This week in school we are holding our very first 'Wellbeing Week'. During the week we will be highlighting the value and importance of good health and wellbeing.

Across the school we have replaced our traditional written homework with some wellbeing tasks, with the aim of promoting a healthy body and mind. These tasks are not an exhaustive list and do not all have to be completed but are just some suggested activities to focus us as individuals and families on our own wellbeing.

Below is a suggested list of things to do:

- Plant some bulbs with mum, dad, granny or granda
- Bake a cake with mum or dad
- Have a hula hooping competition with your family; see who can hula hoop for the longest time
- Dance to some upbeat tunes; make it as silly as you like
- Make your own fruit salad; help mum to chop up the fruit; add some greek yogurt to make it even tastier
- Skip
- Walk/scoot/cycle to school
- Beat the Street
- Fly a kite (if you have one)
- Visit the beach to take a paddle: Holywood is not too far away from Lisburn and at Seapark there's a park as well as an ice cream van!
- Rake up some leaves
- Tidy your bedroom
- Do the outdoor gym with in Wallace Park
- Take the stairs instead of the lift/elevator
- Play a board game with mum or dad
- Go for a bike ride
- Go on a nature scavenger hunt to do as a family outside...find something fuzzy, something smooth, different types of leaves, something you think is beautiful, something rough
- Show gratitude: Treat yourself to a bag of sweets or a bar of chocolate. Take time to enjoy your treat. Think about all the things in your life that you have to be grateful for. Think about your family, your home, your school, your friends, your pets etc. Remember to always say please and thank you.
- Try a random act of kindness: Ask someone to join in your game, help Mummy sort the laundry / put the shopping away / set the table, take time to talk to Granny or Grandpa, ask them how they are feeling, listen to their stories and share a joke with them, hold the door open, make sure you say please and thank you
- Go on a family mindful walk: Go for a walk and notice things you may not have seen before.  
Take one minute to be completely silent. Stop, close your eyes and simply pay attention to all the sounds you can hear — frogs, birds, a lawnmower, trains, cars, the wind etc. Use your senses to connect with nature
- Try to eat at least 5 pieces of fruit/vegetables per day
- Drink water
- Breathe and Relax: go to bed ten minutes earlier than normal. Relax, breathe in and out slowly. Think about five good things that happened to you today.

