

# Wellbeing Week

Hi Everyone,

This week, our whole school focus is on Wellbeing, so we have put together some suggestions of activities for you to try. You will also find ideas on our school website and do not forget to check out the dance classes with Mr Gleeson and Grainne's PE classes.

We hope you are all well. Thanks again to everyone who has sent in work and has been in touch.

Kind Regards,

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## Mindfulness:

There are lots of resources for mindfulness that the children may enjoy. Here are some suggested links:

- PDST Breathe <https://www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools>
- Gonoodle have lots of lovely guided meditations that are easy for the children to follow. If you are subscribed to Gonoodle they are under the Flow channel. If not they can all be found on YouTube by searching for gonoodle flow, here are some links:
  - **Melting** aims to release tension in the body and bring awareness to tense feelings <https://www.youtube.com/watch?v=fTzXFPh6CPI>
  - **Bring it Down** is a breathing and visualisation meditation [https://www.youtube.com/watch?v=bRkILioT\\_NA](https://www.youtube.com/watch?v=bRkILioT_NA)
  - **Rainbow Breath** is an energising breath work exercise <https://www.youtube.com/watch?v=O29e4rRMvV4>
- Twinkl has lots of Mindfulness Colouring sheets. The girls like to colour these in and while doing so they could listen to some gentle music. You will find a bumper

pack of colouring sheets here <https://www.twinkl.ie/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack> and a playlist of Disney music here <https://www.youtube.com/watch?v=5DiMoehAeOU>

- Cosmic Kids Yoga is also on YouTube and has lots of easy to follow videos. They also have videos on various themes like Trolls or Star Wars that may interest the girls <https://www.youtube.com/user/CosmicKidsYoga/featured>

#### Other suggestions:

- Go for a sensory walk in your local area. While out notice what you can hear, smell, touch or see
- Do some art and create something beautiful
- Play and have fun!
- Listen to your favourite music
- As a family, share stories. The children will love hearing stories about when they were little or any other family stories
- Create a memory box or memory book as a family
- Exercise outdoors or try out some of the exercise classes available online - Joe Wicks, Gonoodle, Kidzbop - all available on YouTube
- Read stories
- Write letters and draw pictures to send to friends and family
- Plant seeds or do some gardening
- Cook something together
- Encourage the children to think of things that make them happy or things they are grateful for. They could draw a picture to represent them also