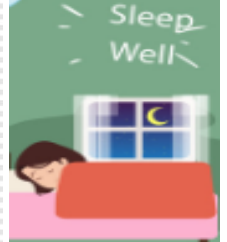


Creagh National School

Wellbeing Week

2020



Each day this week, you will receive a themed page from your teacher on wellbeing tasks that we encourage you to try out.

Teachers will be trying them out too!

Each day you will find:

- A short introduction about the focus for the day and why we are paying attention to this area of wellbeing
 - A specially recorded mindful task from a teacher
- A Wellbeing Choice Menu where you can choose whichever activities appeal to you most

If you would like to share your wellbeing activities to encourage and inspire others, then please send your pictures and videos to your teacher so they can be uploaded onto our school website.

Most importantly...have fun and enjoy it!