

Thoughtful Thursday Wellbeing Menu

Junior Classes

Thoughtful Thursday

Today, let's be mindful of our own thoughts and those that we send out to others.

Try this 'Heartfulness' activity:

Find a quiet space. Visualise a person or an animal that you would like to send kind thoughts to. Send them good wishes quietly in your mind.

You can use the following words if you wish:

May _____ be happy

May _____ be safe

May _____ feel loved

****Remember to also wish this for yourself too****

Ms. Lohan has recorded a thoughtful story for you to enjoy and Ms. Gallagher has recorded some mindful movements for you to try.

Check out the website!

Wellbeing Choice Menu

Make a card for someone that you miss

Make a card for someone that you are thankful to

Give a compliment to someone

Self love: Spend time on yourself and do whatever makes you smile!

Do something nice for someone else

Draw all the things that you are grateful for

Blow bubbles! Pretend that your worries are inside them and watch them float away.

Think about all the things that you love about yourself.

Try a Colourful Walk. Leave messages on stones or with chalk to brighten someone's day.

