

Thoughtful Thursday Wellbeing Menu

Senior 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

Do a chore to help out without being asked

Give a compliment to someone

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

Do something nice for someone else

List or draw all the things that you are grateful for

Sit comfortably for 60 seconds and just notice your thoughts as they come and go.

Think about all the things that you love about yourself.

Give and get hugs today!

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

