### 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:

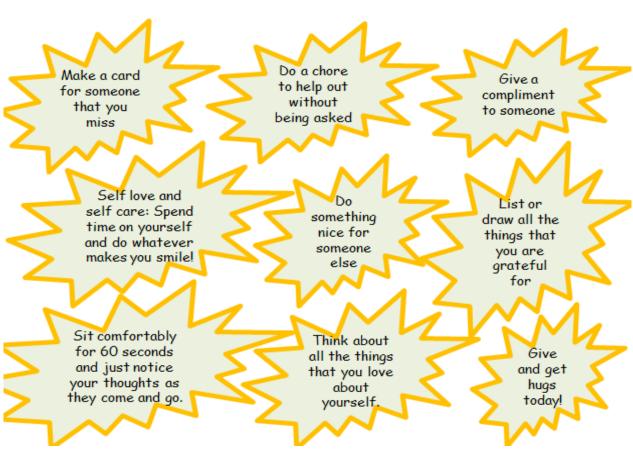
May \_\_\_\_\_ be happy
May \_\_\_\_ be safe
May \_\_\_\_ feel loved

\*\*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



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

