

Wellness Wednesday Wellbeing Menu

Junior Classes

Wellness Wednesday

Our Mental and Physical Health are connected with one another and it is vital to our overall wellbeing to pay attention to and look after both.

Before reading on, can you think of positive things that you already do to look after your body and mind?

Ms. O'Rourke has recorded a beautiful, guided meditation for you. Check out the website and find a comfortable place to relax and enjoy it!

Wellbeing Choice Menu

Discuss, Write or Draw!

Chat through what the words in these bubbles mean for you and why they are important. Choose one bubble and think about improvements you could make in this area. Everyone in your family could try this. Then, discuss, write or draw it!

Sleep

Physical Activity

Relaxation

Talking things through

Nutritious Food