**WELLBEING GRID** 

* Here is a menu of various activities that you can choose from during Wellbeing Monday and Wellbeing Tuesday.
* We are encouraging parents and teachers to join in also!
* Remember to be calm, be grateful, and be kind to yourself and others!

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| **Creative Activities** | **Meditation & Breathing** | **Calming Activities** | **Spreading Kindness** | **Mindful Movement –Yoga & Dance** | **Keep Learning!** |
| Create your own self–portrait and write down all the positive things about yourself –things you enjoy doing, skills that you have and things that you are passionate about!  Drawing Self Portraits and Building Positive Self Talk | Self ...  Positive Character Trait Self Portraits | Please Don't Eat the Artwork | Click on the link to listen to a guided meditation clip.  <https://soundcloud.com/user-547419318/woodland-walk-visualisation-for-children-guided-by-nuala>  Try out this breathing exercise. Trace around the star with your finger while breathing. | Do some mindful colouring while listening to some quiet music.  <https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals> | Give the gift of your time – spend some time with a friend or family member or someone who needs cheering up.  Girl Holding Valentine's Day Flowers Clip Art  Do something helpful around the house. Helping is a great way to make us and other people feel good.  Broom clipart kid, Broom kid Transparent FREE for download on ...Free Pictures Of Trash, Download Free Clip Art, Free Clip Art on ... | Try a yoga pose.  <https://www.youtube.com/watch?v=ho9uttOZdOQ>    Go outside for a walk or a run!  Kids Running at Recess Clip Art | Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun!  Hobby Ideas For Foster Families | Super Mommy Reviews  Try and learn a new recipe!  Pizza Chef Clip Art - Pizza Chef ImageChef Clip Art - Chef Images |
| Create a collage “All about me!”  "All About Me" Silhouette Collage This might be more difficult for the three year olds, but you can provide some excellent language and scissor practice! This may also help the children work on self awareness. You can frame it for a cute decoration for their room. | Another meditation clip.  <https://soundcloud.com/user-547419318/a-day-at-the-beach-visualisation-for-children-guided-by-gerard-1> | Watch the video about mindful drawing    <https://www.youtube.com/watch?v=Eyrj1P26yNg> | Do a random act of kindness for someone at home. | Try a yoga session on Cosmic Kids yoga.  <https://youtu.be/LhYtcadR9nw> | Play a new game or learn a new skill like origami or chess or something you will enjoy.  Buy Wooden Chess Board Game Online Ireland |
| Decorate a wellbeing rock.  Affirmations - Amara Yoga & Wellbeing | Rock crafts, Painting ... | Try out the Snake Breath. Sit in a comfortable position. Inhale through your nose and exhale through your mouth, making a long ‘Sssssss’ sound, like a snake. Try to make the exhalation last as long as you can before you inhale again. | Go on a calming nature walk and afterwards draw what you saw. Look for living and non-living things.  Bug Sensory Bin & Bug Hunt Printable | Bug hunt, Bugs preschool ...  139 Louisa Park, Leixlip, Kildare - JLL Residential ... | Make a special effort to use your manners today –greeting people when you see them, smiling and saying thank you.  Manners Activities & Fun Ideas for Kids | ChildFun | <https://www.youtube.com/watch?v=23VdtT0vQUY> | <https://www.youtube.com/watch?v=cZdO2e8K29o> |

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| Make your own personal bookmark.  How to Make Wordle Bookmarks - great for end of the year gifts - or as an authentic extension to a lesson on adjectives or character traits | Try out the Bee Breath method, follow the link below.    <https://app.gonoodle.com/activities/bee-breath?s=category&t=Breathe&sid=40>  Listen to the sound clip:  <https://soundcloud.com/user-547419318/the-hot-air-balloon-deirdre-lavelle-1> | Make a calm jar!  <https://www.youtube.com/watch?v=KcygQajnBmo>  Easy to Make Gliiter Jars for a Calming Activity with Kids | Think of 3 things you are grateful for today and do this exercise often. Some people write these down in a journal.    1. What is the best thing that happened today?  2.Name something that makes you happy.  3.What is your favourite outdoor activity?  4.Name something that you are grateful to have.  5.Name someone that makes you smile.  6. Who makes you feel loved and why? | Try a Go Noodle activity  <https://app.gonoodle.com/activities/poppin-bubbles?s=category&t=Guided%20Dance&sid=38> | Do something to make yourself or your friends feel good.  <https://app.gonoodle.com/activities/help-others?s=Search&t=kindness> |
|  | <https://soundcloud.com/user-547419318/the-sleepy-train-visualisation-for-children-guided-by-ciara> | Listen to a mindful story.  <https://www.youtube.com/watch?v=bYKKPfTPG5g>  The Magic Moment: Amazon.co.uk: Niall Breslin;Illustrated by ... |  | Dance, dance, dance!  <https://app.gonoodle.com/activities/dance-dance-dance?s=Search&t=dance> | Think of other ways you can keep learning and feel good. |