



Well-Being Week

February 21st, 22nd & 23rd

Mindful Monday	Time Out Tuesday	Wacky & Workless Wednesday
<p>Walk/Scavenger Hunt Bring warm clothes, hat and gloves for your walk</p>	<p>Afternoon Tea Bring a plastic cup for some juice or a cup for tea If families have any leftover sweets, biscuits from Christmas or any supplies/home bakes going spare donations are gladly welcome.</p>	<p>Dress Up <u>Dress Up</u> using this the following statement as inspiration '<u>on your darkest days wear your brightest colours</u>' - neons, yellows, pinks, face paints, head bands, wigs, rainbow colours etc.</p>
<p>DEAC 'Drop Everything & Colour' Each class will have special time set aside to colour and be creative - bring your favourite markers/pens/crayons/pencils/glitter</p>	<p>Story Time or Cushion/blanket & Book Bring your favourite book along with a cushion/blanket to relax while you read</p>	<p>Outdoor Disco Music will play at all breaks to allow children to dance, sing and express themselves</p>
<p>Slipper Day Please bring your slippers to school in a bag to wear in the classroom</p>	<p>Toy/Game Please bring board games, lego, cars, tractors, dolls, Uno cards or jigsaws to play/build with your peers NO ELECTRONIC DEVICES</p>	<p>Movie time Each class will choose their favourite movie for Workless Wednesday</p>
<p><i>Well-Being Wheel Fun Homework</i></p>	<p><i>Well-Being Wheel Fun Homework</i></p>	<p><i>Happy Holidays!!!</i></p>

4th - 6th Class will take part in a GAA League event over the 3 days (more details to follow)