



# Well-Being Week

February 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup>

Mindful Monday	Together Tuesday	Wacky & Workless Wednesday
<p><b>Scavenger Hunt/Trail</b> Bring your hat and gloves for your walk</p>	<p><b>DEAR/Buddy Reading</b> <b>Cushion/blanket &amp; Book</b> Bring your favourite book along with a cushion/blanket to relax while you read &amp; arrange to link in with another class</p>	<p><b>Rainbow Dress Up</b> <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><b>DEAC</b> 'Drop Everything &amp; Colour' Each class will have special time set aside to colour and be creative - bring your favourite markers/pens/crayons/pencils/glitter Display work on your Bulletin Board</p>	<p><b>DEAP (Drop Everything &amp; Play)</b> <b>Toy/Game</b> Please bring board games, lego, cars, tractors, dolls, Uno cards or jigsaws to play/build with your peers <b>NO ELECTRONIC DEVICES</b></p>	<p><b>Walk a Mile with a Smile</b> <b>(weather permitting)</b> Coat/hat/gloves for your walk - weather permitting!!</p>
<p><b>Slipper Day</b> Please bring your slippers to school in a bag to wear in the classroom</p>	<p><b>Kindness Cafe</b> The Student Council will serve pancakes &amp; juice to all classes</p>	<p><b>Disco</b> Classroom/Outdoor Classroom Disco - allow children to dance, sing and express themselves</p>
<p><b>Well-Being Wheel</b> <b>Fun Homework</b></p>	<p><b>Well-Being Wheel</b> <b>Fun Homework</b></p>	<p><b>Movie time</b> Each class can choose a movie with a 'Wellness' theme for Workless Wednesday</p>
		<p><b>Happy Holidays!!!</b></p>