

WELLNESS WEEK SCHEDULE



Wear your PE kit all week
Daily yard activities for every class
Yoga for PE

Lots of fun classroom activities to boost your wellness!



Mindful Monday- 26th May

Dance for no homework

Daily Mile with a smile 😊

Pick your secret
friend for the week

Thankful Tuesday- 27th May

Daily Mile with a smile 😊

Gratitude activities

Ice-cream van



Wellness Wednesday- 28th May

Daily Mile with a smile 😊

Wellbeing book reading

Try some new things to boost
your mood

Triumphant Thursday- 29th May

Rainbow dress up day

Daily Mile with a smile 😊

Reveal your secret friend

