



Wellbeing Wednesday
Wednesday 17th June 2020

Dear Pupils and Parents,

To celebrate the awarding of our Amber Flag, we are inviting you to have a Wellbeing Day at home on Wednesday 17th June. The focus of the day will be on activities to promote physical, emotional and mental health.

Attached is a 'menu' of suggested activities for the day but feel free to add your own. We know from the Wellbeing homework initiative that you have some great ideas already!

We understand that due to family and work circumstances, not everyone will be able to do this on the day or for a whole day, so please choose to do what suits you and your situation.

Thank you all for your support and commitment over the last few months and have a wonderful Wellbeing Wednesday!

The Staff of St Patrick's Junior and Senior NS

Wellbeing Wednesday

Menu

Go for a walk	
Have a picnic	
Play outside- make an obstacle course, have a scavenger hunt	
Have a dance or listen to some music	
Do some colouring	
Meditate/Do some Yoga	
Bake!	
Do some gardening!	
Spend time with your pet	
Read a book/Listen to a story	