



April Value: Love

TS&PC: Thinking Problem Solving and Decision – Making

| Week | Mindful Monday | Thoughtful Tuesday | Well-Being Wednesday | Thankful Thursday | Feel Good Friday |
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| Week One 3 rd to 7 th | Eat healthy and natural food today and drink lots of water. | Give your body a boost by laughing or making someone else laugh. Click on the link to hear some jokes. https://youtu.be/L4RUCksQ-IA | Do a body scan meditation and notice how your body feels. Click on the link to try this meditation. https://youtu.be/neqwDPmn6yY | HOLY THURSDAY Thank the person in your family who makes your dinner today.  | GOOD FRIDAY  Donate some money to a good cause or charity. |
| Week Three 17 th to 21 st | Regularly pause, stretch, and move during your day. Click on the link to try these 5-minute movements with Joe Wicks. https://youtu.be/d3LPrhIOv-w | Pay someone in your class a compliment. Positive affirmations can reinforce chemical pathways in the brain. | Design a class fitness circuit. Click on the link to find some fun ideas on Twinkl. https://www.twinkl.co.uk/resource/pe-from-the-home-fitness-station-activity-cards-t-mov-500 | Give someone special wild flowers to say Thank You.  | Get active! Dig up weeds or plant some seeds. Click on the link for some ideas. http://kidsinthegarden.co.uk/plants-for-kids/sowing-and-growing-beans-with-children/ |
| Week Four 24 th to 28 th | Practising mindful, focused breathing, even for five minutes a day reduces stress and promotes relaxation. Click on the link to try this square breathing technique. https://youtu.be/YFdZXwE6fRE | Make a picnic to share with a friend or family member and enjoy the outdoors together. Natural light and Vitamin D from the sun is so good for the spirit, mind, and body. | Get active singing today and share your favourite songs. Why not enjoy moving to your favourite music.  | This is National Pet Month. Show some extra love to your pet at home or talk about your pet or favourite animals. https://www.twinkl.co.uk/event/national-pet-month-2021 | Plan a movie night to watch a film you love.  |