



April Value: Love

TS&PC: Thinking Problem Solving and Decision – Making

Week	Mindful Monday	Thoughtful Tuesday	Well-Being Wednesday	Thankful Thursday	Feel Good Friday
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. 