



### June Value: Friendship

### TS&PC: Being Creative

Week	Mindful Monday	Thoughtful Tuesday	Well-Being Wednesday	Thankful Thursday	Feel Good Friday
<b>Week 1:</b> 5 <sup>th</sup> - 9 <sup>th</sup>	It's Bike week! Get on your bike and get out into the great outdoors. Even if it's just a cycle around your house, it's a fun form of exercise!	How about making a yummy treat for someone you love. Click on the link to try this easy cookie recipe. <a href="https://www.bbcgoodfood.com/recipes/easiest-ever-biscuits">https://www.bbcgoodfood.com/recipes/easiest-ever-biscuits</a>	Make a 'Fab File' to collect work and pictures that you are proud of, certificates that celebrate your achievements and cards from people that you care about.	Compliment 3 people today - not only does it make them feel good but also you too!	Have some fun with your friends participating in a sporting activity. Exercise is good for your body and mind - maybe you could get your teacher to take part as well.
<b>Week 2:</b> 12 <sup>th</sup> - 16 <sup>th</sup>	Relax and have fun outside. Blow some bubbles and watch them blowing away in the breeze! 	Have a 'can do' attitude. Instead of thinking you can't do something, have a go and even if it doesn't work out, that's ok, you can try again some other time!	Learn some origami- what can you make out of only one sheet of paper? Learning a new skill is good for the mind. You could even share what you have learnt with others!	Let's have an <b>Attitude for Gratitude</b> . Why not try this gratitude scavenger hunt- <a href="https://www.naturalbeachliving.com/gratitude-scavenger-hunt/">https://www.naturalbeachliving.com/gratitude-scavenger-hunt/</a>	Challenge your friend to a dance off - have fun and encourage others to get involved.
<b>Week 3:</b> 19 <sup>th</sup> - 23 <sup>rd</sup>	<b>Stay Safe, Play Safe</b> Water Safety Ireland have free educational resources called, PAWS (Primary Aquatics Water Safety). It teaches how to be safe around water in homes, farms, pools, beaches and on our water ways. <a href="https://watersafety.ie/primary-school/">https://watersafety.ie/primary-school/</a>	Make a time capsule that includes information about your life today. Which people are most important to you? What are you most grateful for? What are your favourite things? What goals do you have for the future? Keep this somewhere safe and open it in the future. Don't forget where you put it!	Today is the Summer Solstice which means it is the longest day of the year. Think about your favourite part of Summer and how you will enjoy the longer evenings. <a href="https://www.twinkl.co.uk/event/first-day-of-summer-2022">https://www.twinkl.co.uk/event/first-day-of-summer-2022</a>	We are thankful for friendship. In class Circle Time share with your friends why you are thankful for them. 	Today is the <b>Feast of The Sacred Heart</b> . 'Oh Sacred Heart of Jesus I place all my trust in you'.  Say a special prayer for someone today.
<b>Week 4:</b> 26 <sup>th</sup> - 30 <sup>th</sup>	<b>It's the final countdown!</b> How about making a positivity pebble? Write or draw on a flat stone or pebble ways to keep a positive attitude. 	Think about ways which you can help your teacher, classroom assistant, friend or family today without being asked. So many hands make light work!	Get creative! Write your very own song or poem and perform it for a friend, family member, Class Teacher or even in front of your class! Get those creative juices flowing!	Let's be thankful for the school year - spending time with our friends and for all the care and guidance from our teachers and school staff!	<b>Today is a Half Day!</b> <b>Happy Summer Holidays everyone!</b> 