



Value: Self Discipline

TS&PC: Managing Information

	Mindful Monday	Thoughtful Tuesday	Well - Being Wednesday	Thankful Thursday	Feel Good Friday
Week 1: 4th – 8th March	Make a den! Consider seating areas for 'chilling out'. Add props such as playing cards, dominoes, marbles, or a football. Add music too to create a real hang-out space.	Put some of your pocket money or spare cash into your Trócaire box.	Big Spring Clean Help wildlife and the environment by taking part in a local litter pick. Encourage other family member and friends to take part too.	World Book Day How about reading your favourite book whilst dressed up as your favourite character? Reading is a great way to escape reality and calm the mind.	It is Mother's Day on the 10 th . Make a card for your mum or grandmother or write her a letter thanking her for all that she does for you. 
Week 2: 11 th – 15 th March	Make time to play outdoors. How about learning some of the games your parents used to play?	Call or visit someone you haven't seen for a while. Connecting with others is important.	Notice when you are tired and take a break asap. Mini breaks help to support your wellbeing and increase productivity.	Be thankful to yourself for something you achieved this week that made you feel proud.	It's St. Patrick's Day on Sunday! It's Green Day in school – Celebrate all things Irish.
Week 3: 18 th – 22 nd March	Lie back, relax and listen to some of your favourite music.	Some of the simple things that make us happy are: sleeping in a freshly made bed, feeling the sun on your face, or saying thank you to someone.	Design a class fitness circuit. Click on the link to find some fun ideas on Twinkl. https://www.twinkl.co.uk/resource/p-e-from-the-home-fitness-station-activity-cards-t-mov-500	World Poetry Day A UNESCO day to promote poetry throughout the world. Write a poem thanking a friend and share it with them.	How many ways can you write your name using just a pencil? Think about shape, size, curly writing, bubble writing etc...
Week 4: 25 th – 29 th March	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	Why not find out a little bit more about your family? Spend some time together and discuss how you can create your own family tree.	SPY WEDNESDAY Get out in the fresh air and try a Wild Challenge. Check out www.rspb.org.uk for lots of fun activities. 	HOLY THURSDAY Thank the person in your family who makes your dinner today. 	GOOD FRIDAY  Donate some money to a good cause or charity.