




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 Two 8 th to 12 th	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! Plant some seeds. Click on the link for some ideas. http://kidsinthegarden.co.uk/plants-for-kids/sowing-and-growing-beans-with-children/
Week Three 15 th to 19 th	Close your eyes and listen to some relaxing music. Imagine yourself on the beach on a sunny day or walking through a forest.	Spend some quality time with someone who is lonely or sad.	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. 
Week Four 22 nd to 26 th	Eat healthy and natural food today and drink lots of water.	Give your body a boost by laughing or making someone else laugh.	Spend 30 mins today doing your favourite hobby e.g., reading, running, walking, playing a game.	Relax your body and mind with Tai Chi or Yoga. Click on the link to join yoga club with your class. https://youtu.be/nmPl3QC95r0	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.