






**September Value: Kindness**

**TS&PC: Self - Management**

Week	Mindful Monday	Thoughtful Tuesday	Well - Being Wednesday	Thankful Thursday	Feel Good Friday
<b>Week 1:</b> 2 <sup>nd</sup> - 6 <sup>th</sup>	Notice how you are feeling today and share your feelings with someone that you trust.	Remember to use your good manners and say <b>Please</b> and <b>Thank you</b> to your parents, teachers and friends.	Write down three positive things about yourself today and keep them to read all week to give you a confidence boost.	<b>International Day of Charity</b> Donate some clothes, food or your time to a local charity and thank the staff who work there.	<b>National Read A Book Day</b> Take some time out to read a favourite story or book.
<b>Week 2:</b> 9 <sup>th</sup> - 13 <sup>th</sup>	<b>Emergency Services Day</b> Make/buy a Thank You card for someone you know who works for the emergency services.	Help a family member prepare a meal or tidy up, without being asked.	Draw a big smiling face and write or draw all the things that make you smile or laugh. 	<b>World First Aid Day is on Saturday</b> Show how much you appreciate the efforts of First Aiders by registering for some First Aid training yourself.	<b>Roald Dahl Day</b> Read a Roald Dahl story to someone special. 
<b>Week 3:</b> 16 <sup>th</sup> - 20 <sup>th</sup>	Remember that we can all learn from our mistakes. <b>Mistakes are learning tools - not failures.</b>	Tell a funny joke to make someone laugh?	Make up a dance routine to your favourite song and teach it to someone in your family, a friend at school or even your teacher!	<b>Beginning Of Year Mass</b> Thank God for your wonderful school, its staff and your friends by taking part in our Mass.	<b>Saturday is World Gratitude Day</b> Say a prayer to thank God for all the special things you have - your toys, family, school and friends
<b>Week 4:</b> 23 <sup>rd</sup> - 27 <sup>th</sup>	Go outside and enjoy playing or exercising in the fresh air.	Collect some litter at school, home or around your local community.	Get involved in some planting activities. Gardening will help you to relax.	Feed the birds at home or at school. You could even try making a bird feeder. Thank God for the beautiful world he has created.	<b>Sunday is World Heart Day</b>  Visit a local forest with friends or family and go for a brisk walk. Exercise is good for your heart.