Value: Respect

TS&PC: Managing Information

	Mindful Monday	Thoughtful Tuesday	Well-Being Wednesday	Thankful Thursday	Feel Good Friday
Week 1: Nov 4th - 8th	Walk mindfully, paying close attention to everything. Make sure you walk in silence as you want to pay attention to all the little details.	Connect with an older relative or neighbour - a simple chat or helpful gesture can go a long way to brightening up someone's day ☺	Try out a new way to practise self - care and remember to take time for yourself. You cannot help others until you learn how to be kind to your own self first.	Pick a classmate and tell them one thing you are thankful for about them. For instance, '(name) I am thankful for your musical talent as you make our choir sound so sweet'.	Remember to sit with your family when eating a meal. Enjoy being in each other's company and talk about your week. Really listen to each other, without the distraction of T.V., iPads or mobile phones.
Week 2: Nov 11th - 15th	This is **Anti – Bullying Week.** The theme this year is **Choose Respect.** If you are being bullied, reach out to a friend of member of staff in school. If you know someone who is being bullied help them to reach out.	Think about nature and the falling of the leaves from the trees. Take comfort in the knowledge that change is a good thing, just as the leaves must fall, so must we continue to learn, grow and respect each other.	This is **World Kindness Day.** Read to someone else, for their enjoyment. It could be a friend, a sibling, a parent or even your teacher!	Sing a song or write a prayer to God to thank him for all your blessings.	The **BBC Children In Need Appeal** is on television tonight. Snuggle up on the sofa with some hot chocolate and a fluffy throw. Maybe you could donate some of your pocket money.
Week 3: Nov 18th – 22nd	Look at life through the eyes of someone else. Put your own feelings to one side for a moment and grasp some perspective.	Make a meal with a friend or a member of your family someone using one new ingredient you have never tried before.	This is **Road Safety Week.** Complete a Road Safety Quiz to improve your knowledge. https://www.roadsafeni.org/ni-primary-school-road-safety-quiz/	This is **European Week For Waste Reduction.** Show your appreciation for the environment by reusing items rather than buying new.	Give yourself a boost! Try a new way of being active. Swimming, running, cycling - It's up to you!
Week 4: Nov 25th – 29th	Look for reasons to be hopeful, even in difficult situations. Keep a positive outlook on things and encourage others to do the same.	Think about all the people who help you in any way. Let them know how much you appreciate them with a cup of tea, a hug, a card or a letter.	At the end of the day, share one good point about your day with a friend, family member or your teacher.	Make a Friendship Bracelet for a friend to remind them how thankful you are that they are in your life.	Enjoy listening to some new music today. Sing along, dance and just have fun.