

Value: Self Discipline



TS&PC: Managing Information

	Mindful Monday	Thoughtful Tuesday	Well - Being Wednesday	Thankful Thursday	Feel Good Friday
Week 1: 3 rd – 7 th March	World Wildlife Day Make a bug hotel or a bird box with friends or family.	Shrove Tuesday If you are making pancakes today, how about making a few extra for a friend or an elderly relative? I'm sure they would really appreciate it.	Ash Wednesday Think about setting yourself a Lenten Promise to follow this month.	World Book Day Write a letter to your favourite author thanking them for creating imaginative stories that you enjoy.	Put some of your pocket money or spare cash into your Trócaire box. Giving makes us feel good about ourselves.
Week 2: 10 th – 14 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.	It's Green Day in school – Give thanks for all things Irish.	Lie back, relax and listen to some of your favourite music.
Week 3: 17 th – 21 st March	St. Patrick's Day Celebrate with family, friends and pets. Join a local parade or go for a walk in a forest park and enjoy some spring sunshine and fresh air. 	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.	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.	Draw a picture or make a card to say Thank You to someone special.	World Poetry Day A UNESCO day to promote poetry throughout the world. Write a poem thanking a friend and share it with them.
Week 4: 24 th – 28 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.	Get out in the fresh air and try a Wild Challenge. Check out www.rspb.org.uk for lots of fun activities.	Be thankful to yourself for something you achieved this week that made you feel proud.	It is Mother's Day on the 30 th . Make a card for your mum or grandmother or write her a letter thanking her for all that she does for you. 