








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 One 31 st March to 4 th April	Eat healthy and natural food today and drink lots of water.	Give your body a boost by laughing or making someone else laugh.	Do a body scan meditation and notice how your body feels.	This is National Pet Month. Show some extra love to your pet at home or talk about your pet or favourite animals.	Plan a movie night to watch a film you love. 
Week Two 7 th to 11 th	Regularly pause, stretch, and move during your day.	Pay someone in your class a compliment. Positive affirmations can reinforce chemical pathways in the brain.	Get active singing today and share your favourite songs. Why not enjoy moving to your favourite music. 	Give someone special wild flowers to say Thank You. 	Get active! Dig up weeds or plant some seeds.
Week Four 14 th to 18 th	Practising mindful, focused breathing, even for five minutes a day, reduces stress and promotes relaxation.	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.	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.