

Value: Self Discipline



TS&PC: Managing Information

	Mindful Monday	Thoughtful Tuesday	Well - Being Wednesday	Thankful Thursday	Feel Good Friday
<b>Week 1:</b> 2 <sup>nd</sup> – 6 <sup>th</sup> March	<b>Mindful Music Moment</b> Listen to calm music and silently notice instruments or rhythms.	<b>World Wildlife Day</b> Be kind to animals by making a bug hotel or a bird box with friends or family.	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.	<b>World Book Day</b> 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.
<b>Week 2:</b> 9 <sup>th</sup> – 13 <sup>th</sup> 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 <b>Green Day</b> in school tomorrow – Give thanks for all things Irish.	Lie back, relax and listen to some of your favourite music.
<b>Week 3:</b> 16 <sup>th</sup> – 20 <sup>th</sup> March	Yesterday was <b>World Sleep Day</b> Sleep is vital for mindfulness because it resets the brain and body, enhancing next-day attention, emotional regulation and cognitive function. Try to get at least 10 hours sleep tonight.	<b>St. Patrick's Day</b> 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. 	Get out in the fresh air and try a Wild Challenge. Check out <a href="http://www.rspb.org.uk">www.rspb.org.uk</a> for lots of fun activities.	<b>Gratitude Flower</b> Draw a flower and write one thing you're grateful for on each petal.	<b>International Day of Happiness</b> <u>Mindful Pair Share</u> Try to think of one thing that made you smile today. Share with a friend or a family member.
<b>Week 4:</b> 23 <sup>rd</sup> – 27 <sup>th</sup> March	Regularly pause, stretch, and move during your day. Click on the link to try these 5-minute movements with Joe Wicks. <a href="https://youtu.be/d3LPrhIOv-w">https://youtu.be/d3LPrhIOv-w</a>	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.	<b>Big Spring Clean</b> Help wildlife and the environment by taking part in a local litter pick. Encourage other family member and friends to take part too.	Be thankful to yourself for something you achieved this week that made you feel proud.	<b>Compliment Creations</b> Write or draw a compliment for a classmate or family member. You can use: <ul style="list-style-type: none"> <li>• “You made me smile this week when...”</li> <li>• “Something I admire about you is...”</li> </ul>