



St Patrick's Wellbeing and Resilience Week

The children will be all studying the book – After the Fall <https://youtu.be/dUKt1a6l3yw>

	Monday 07/02/22	Tuesday 08/02/22	Wednesday 09/02/22	Thursday 10/02/22	Friday 11/02/22
	Meditation Monday	Technology Tuesday	Workout Wednesday	Take Care Thursday	Feel Good Friday
Pupils	Children will have staff led meditation sessions in school.	Children will spend the day looking at ways to be safe online and responsible internet users.	Whole school fitness sessions led by Dave Maj All children to come to school in their tracksuit	Children will spend time looking at ways to stay healthy inside and out.	Come to school dressed in whatever makes you feel good – this could be smart, casual or your favourite dress up. Please No PJs
Parents	Parent Yoga session 14:15 – 15:00 Come and join Mrs Routledge for yoga. Please wear comfortable clothing and bring some water.	Parent E-Safety workshop 14:30 – 15:10 Come and join Mrs Jones looking at ways to support your children when using technology	Parent Fitness Class 14:15 – 15:00 Parents are invited into school to take part in a fitness class with Dave Maj Please wear comfortable clothing and bring some water.	'Cuppa and a Natter' 9:00 – 9:30 Parents are invited into school to mix and chat with other parents	Parent Surprise. A little surprise for those dropping off their little loved ones!
Other things to do	Practice breathing techniques with your children at home. Please click link Cosmic Yoga	Take part in a 2-hour digital detox. Put your phones and devices away and relax.	Make a list of the things you have achieved this week	Give someone a compliment and write down all the things you are grateful for in your life.	Share positivity and kindness. Make people feel good.

Faith will be in working with children the week after