

Mindful Monday

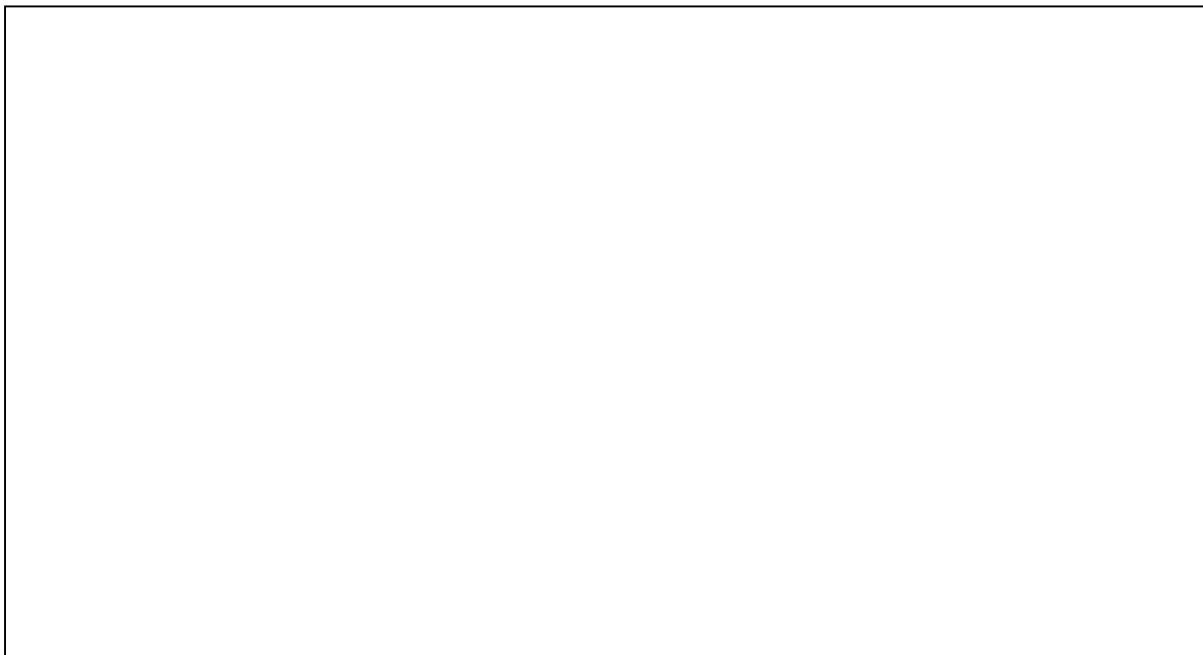
Wellbeing Action Calendar

<input type="checkbox"/> Take time to ask someone how they are	<input type="checkbox"/> Do something that makes you happy	<input type="checkbox"/> Say one nice/positive thing to someone today	<input type="checkbox"/> Make a plan to meet someone dear to you	<input type="checkbox"/> Do a random act of kindness for someone today	<input type="checkbox"/> Tell someone important how much they mean to you	<input type="checkbox"/> Go for a walk
<input type="checkbox"/> Be nice to someone today	<input type="checkbox"/> Set a good example today	<input type="checkbox"/> Give a compliment	<input type="checkbox"/> Thank people	<input type="checkbox"/> Offer hugs to your loved ones and friends	<input type="checkbox"/> Smile at someone today	<input type="checkbox"/> Write down 3 things you are grateful for
<input type="checkbox"/> Go for a 30 minute walk	<input type="checkbox"/> Meditate: Sit, relax, focus on breathing	<input type="checkbox"/> Take time to check in on someone today	<input type="checkbox"/> Spend time in nature	<input type="checkbox"/> Try a new activity today	<input type="checkbox"/> Laugh	<input type="checkbox"/> Draw or paint a picture
<input type="checkbox"/> Sit in the sun for five minutes	<input type="checkbox"/> List 3 things you like about yourself	<input type="checkbox"/> Enjoy a sunset or sunrise	<input type="checkbox"/> Introduce yourself to someone new	<input type="checkbox"/> Drink a glass of water before each meal	<input type="checkbox"/> Write a poem	<input type="checkbox"/> Clean out a cluttered drawer
<input type="checkbox"/> Do something you love	<input type="checkbox"/> Send a nice text message to someone	<input type="checkbox"/> Take a photo of something nice				

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This is your wellbeing calendar for the week. Set yourself a goal number of the **Wellbeing Actions** to complete and give yourself a big treat when you reach your goal.

Make your treat something which does not cost any money-be inventive! Draw your favourite thing from the week below.



Five Finger Friendship Challenge



When you have completed your hand, decorate it in a colourful way. You could also write down two ways that you think you could be a better friend.

The Magic of Sleep

Your Task – Experiment on yourself!

Over the next five days, I want you to analyse your sleeping habits. Think about your habits. Do you use screens before bedtime? Do you have screens in your bedroom? Do you drink caffeine in the afternoons or evenings? Is there too much light getting into your bedroom? Do you go to bed and wake up at different times each day? If the answer to any of these questions is yes, then that habit is probably having a negative impact on your sleep.



During the course of the week I want you to change these habits. Pick a sleep and wake up time and stick to them. Turn off all screens at least an hour before bed (to encourage your body to produce melatonin – our sleep hormone). Make sure your room is dark and peaceful with no lights or distractions. Do something calming like reading a book, listening to relaxing music or even gentle yoga or stretching. Then in the morning get outside to start your day. Also try to exercise during the day.

If these changes in routine help you to get better sleep then let your teacher know by writing what worked well for you on Seesaw! Make sure to tell your family and friends too. Wishing you a great week and an even greater week's sleep!!



