
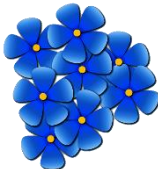





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Whole school

If you would like to share what you have been doing or just have a line of communication, please email or call.

Complete tasks in any order:	Monday	Tuesday	Wednesday	Thursday	Friday
Family 	Exercise Week Daily exercise releases those feel good chemicals that make us feel better. Click HERE for today`s activities.	Click HERE for today`s activities.	Click HERE for today`s activities.	Click HERE for today`s challenge.	Click HERE for the last challenge of the week.
Grownups 	Reflect. Look how far you have come since the beginning of the year, be proud of yourself for what you have achieved. Remember, the small things carry more weight than the big things. Every result counts!	Make contact with someone who makes you laugh. Remember it is as important for adults as it is for children to connect with others.	Click HERE for lots of self-care ideas. You could choose one each day.	Are you finding that your children are wanting more attention? Click HERE for support.	Routine is so important. Getting up and dressed (most days) enables us to face the day ahead. Set out a plan of action for next week. Remember to leave space and time for you to catch your breath and respect your achievements (no matter how small) every win counts! Click HERE
Children 	Click HERE for a five day express yourself challenge.	Set yourself a goal today. Click HERE for instructions.	Click HERE to play the grateful game.	Try something new today. This could be a new activity or food. How does it make you feel? Could you draw your emotions?	Click HERE for a way to reflect. Reflection helps us to ground our thoughts and make better choices moving forward.