**Wellness Week 2020**

**25th – 29th May**

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| **Mindful Monday**  | Screen free evening: spend the evening reading a book, colouring, playing a board game with family, or playing Lego. |
| **Thankful Tuesday**  | Write a thank you letter to your friend, teacher, family member |
| **Wellness Wednesday**  | Create a poster about wellness week with suggestions for people on how they could spend their week! Send a photo to your teacher and then display your poster in a window or where people can admire your work! |
| **Terrific Thursday**  | Personal strengths: Worksheet“Things I am good at.” |
| **Feel Good Friday**  | Daily mile challenge<https://thedailymile.ie/>  |