

WELLBEING WEEK



St Mary's Wellbeing Week Monday 20th- Thursday 23rd May

To know the world, first know yourself. To change the world, first change yourself.



Mental Health
Foundation





Monday

CONNECT - Connections support and enrich us every day, so take the time to get know your classmates.

KEEP LEARNING - Lifelong learning keeps our brains healthy, and the sense of achievement we get from learning something new can be great for our mood. Try something new or rediscover an old interest.



Lunch 'n'
Learn

Year Group
Quiz

What is Wellbeing? What
is Mental Health?
Assemblies

Year Group
Quiz

Lunch 'n'
Learn



Tuesday

Get Active - We all know exercise is good for your body, but it can be good for your mind too. Exercise can be a way to deal with negative thoughts and feelings. The feeling of setting a goal and achieving it – even if it's just a jog around the block – can really improve your self-esteem, too.

Get Inspired – Try something new and healthy



Walk a mile
for STEM 4

Teacher
Challenges

Healthy Menu Competition
Design and create a Healthy
Meal for our school cookbook.

Sports
Taster Event

HIIT Work
outs



Wednesday

BE MINDFUL - Noticing what is going on in our bodies and minds is an important skill for staying mentally healthy. Take time to check in with your thoughts and feelings. By paying attention to the present moment, we might enjoy things more, and even notice things we would have missed.



Breathing Exercises

Mindfulness Activities

Resilience Assembly and workshops.

Gratitude Practice

Meditation and prayer



Thursday

Give to others - Evidence shows that helping others is actually beneficial for your own mental health and wellbeing, too. It can help reduce stress, improve your emotional wellbeing and even benefit your physical health. Give to friends, classmates and your community, and help yourself at the same time!



School Art
Project

Year 6
Charity Sale

Help yourself by helping
others.

Give time
not money

Welcome to
Nurture