

Health & Wellbeing Week – May 2020

How many of these can you do? Colour in each section as you complete the activity. Try to do 3 – 4 each day. You can do each activity more than once!

Draw a flower with 10 petals. Write a 'happy' word on each one and colour them in.	Give each member of your family a compliment.	Gratitude attitude. List 3 things you are grateful for right now. Tell your family and ask them to do the same.	Do an exercise from 'Peace Out' on www.cosmickids.com	Burpee challenge – how many can you do in a row now? How many by the end of the week.
Listen to some classical music. Close your eyes and see where your imagination takes you.	Cosmic Kids yoga session. www.cosmickids.com	Baking – rice crispy buns, buns, scones, whatever you can do with help from your parents.	Collect some interesting shells on the beach and make a picture with them.	Black dot meditation (see attached)
Plant some seeds in an empty yogurt pot. Don't forget they need sunlight, soil and water to grow!	Go on a bug hunt in your garden or on the green. Draw pictures of what you find.	Do 10 @ 10 with your family (sheet attached)	Sit on the beach and watch the waves. Breathe slowly and notice the sounds and what the wave looks like. Do this for at least 10 minutes.	Ask your grownup to teach you some games they used to play. <i>Queenie I oh, Kerbs, hopscotch, skipping games etc</i>
Make up your own 10@10 exercises and do them with your family.	Go for a mindful walk. Notice how many things you can hear/see/smell.	Help your grown up to make a meal. Set the table and clear it afterwards.	Cosmic Kids yoga session. www.cosmickids.com	Family Olympics. Make some tinfoil medals and set up activities e.g. table tennis with frying pans, marbles, trampoline, races
Cosmic Kids yoga session. www.cosmickids.com	Set up an indoor and/or outdoor obstacle course. Complete it with your family.	Complete a GoNoodle Indoor recess activity.	Mindfulness colouring – print one out or create your own by drawing patterns with a pencil and colouring in each space a different colour.	Run up and down the stairs 10 times.
Do some square breathing: www.youtube.com/watch?v=YFdZXwE6fRE	Have an Art & Craft morning or afternoon.	Do an exercise from 'The Zen Den' on www.cosmickids.com	Help with the gardening – plant something, pull up the weeds, water the flowers.	We all know how important bees and butterflies are. Go for a quiet walk and see how many you can spot.
Make your own lava lamp. (See attached). Use it for mindfulness. Watch the bubbles rise and fall and breath slowly until they stop.	Have a picnic in the garden.	Novelty races: Egg & Spoon, Sack race, 3 legged race.	Sing and dance to your favourite songs. Have a family disco!	Do an exercise from 'Peace Out' on www.cosmickids.com
Go for a cycle or scoot outside.	Gratitude attitude. List 3 things you are grateful for right now. Tell your family and ask them to do the same.	Make a picture outside using nature (leaves, daisies, stones etc..)	Write a letter to your grandparents or another relative or friend. Don't forget to post it!	Listen to some classical music and draw whatever comes into your head. Picture or random design.
Blow some bubbles. Watch them until they burst or disappear.	Call somebody to check in on them: grandparent, aunty, friend...	Go on a bike ride.	Find a quiet space in your home. Sit and read your book or look through some picture books.	Complete a jigsaw puzzle.

Take some photos and/or keep a written or picture diary of what you get up to this week. Share your news with your teachers and send some news to Mrs. Dungan for *Our Good News* newsletter!

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Black dot meditation:

Draw a black dot, around the size of a €2 coin. Sit with crossed legs (or another comfortable position) on the floor. Stick the page with the black dot at eye level about 1 metre away from you. Now stare at the black dot while breathing slowly in and out. Try not to blink for as long as you can. When your eyes want to close, keep them closed and notice the image of the dot behind your closed eyes. When this image starts to fade open your eyes again and repeat. Do this for at least 10 minutes.

Lava Lamp – with grown up supervision only!

You will need an empty glass jar, olive oil, water and food colouring, alka seltzer tablets.

- Fill the glass jar about 1/4 with coloured water.
- Fill another 1/2 with the oil. It should settle on top of the coloured water.
- Drop ½ an alka seltzer tablet into the jar and watch what happens.
- You can add another ½ each time you want to watch the bubbles. Focus on watching them rise and fall.

only use the alka seltzer tablets with adult permission and supervision

Classical Music for Children: Ms. Wilde has compiled the following links for some classical music the children might like to listen to:

https://www.youtube.com/watch?v=5DiMoehAeOU	Disney Piano Collection
https://www.youtube.com/watch?v=aYAJopwEYv8	Flight of The Bumble BEE -Rimsky Korsakov
https://www.youtube.com/watch?v=eeOoh2i7VCw	The Great Escape Elmer Bernstein
https://www.youtube.com/watch?v=M8J8urC_8Jw	The Nutcracker Suite - Tchaikovsky
https://www.youtube.com/watch?v=r52dbwr5ZSc	Carnival of the Animals - Lions - Saint Saens
https://www.youtube.com/watch?v=zA71PRwkaaA	Carnival of the Animals – Swans – Saint Saens
https://www.youtube.com/watch?v=XCBDIC0N8Rc	Carnival of the Animals – Aquarium Saint Saens
https://www.youtube.com/watch?v=mVW8tgGY_w	Fur Elise - Beethoven
https://www.youtube.com/watch?v=S-Xm7s9eGxU	Gymnopedie No.1 Erik Satie

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10@10

Here is the list of 10 'on the spot' activities. Whistle will be blown at 1minute intervals when we will change to the next exercise. Please have your class standing in a circle ready to start at 10am prompt!

1. Jog on the spot
 2. Squats
 3. Marching – knees up!
 4. Lunges – alternate legs.
 5. Scissor jumps – one foot in front of the other, opposite arms.
 6. Windmills – legs apart and straight – right arm to left foot and switch.
 7. Kick backs – hands on bums – kick back feet to try and hit hands.
 8. Knee lifts – lift knee to opposite elbow and then switch.
 9. Teacher led stretching.
 10. Go Crazy! On the Spot!
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10@10

Here is the list of 10 'on the spot' activities. Whistle will be blown at 1minute intervals when we will change to the next exercise. Please have your class standing in a circle ready to start at 10am prompt!

1. Jog on the spot
2. Star Jumps
3. Side to side jumps – feet together
4. Teacher led stretching
5. Frog jumps – bend legs, touch ground and leap up into the air
6. Jogging on the spot with 'swimming arms' (front crawl, breast stroke etc)
7. Knee lifts – right knee to left elbow and vice versa
8. Hop on one foot – alternate after 5
9. Big breaths – Inhale circle arms up, Exhale down and flop forward
10. Go Crazy! On the Spot!

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Wellness, Mindfulness and Relaxation: (some of you received this from the ANT team already)

Practice a 'gratitude attitude' – at the beginning of each day list the things you are grateful for and have your child do the same. It could be as simple as *my cup of coffee*. This helps us to focus on what is good in our lives rather than the craziness that is all around us at the moment.

Keep a 'Happiness Journal' – at the end of each day, write or draw 2-3 things that made you smile during the day. When you are feeling low, look at this journal.

Talk with your child regularly about how they are feeling, what they are thinking. Children cannot help but pick up on the anxiety that is permeating society and families so don't be afraid to let them voice their worries.

*****Look after your own mental health and wellbeing – remember you cannot help anyone else if you are not looking after yourself*****

Look through these resources at your leisure – there are some really useful ones that may just be the thing you need! The children are used to doing Cosmic Kids yoga and mindfulness activities in school so this might be something they can keep up at home. You might even join in yourselves!

<https://www.cosmickids.com/new-series-peace-guided-relaxations-kids/>

<https://www.cosmickids.com/>

<https://www.walkinmyshoes.ie/parents-and-guardians/resources>

<https://www.twinkl.ie/resource/us-p-12-mindful-minute-brain-break-cards>

<https://www.twinkl.ie/resource/t-he-456-mindfulness-challenge-cards>

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/default.aspx>

<https://www.bbc.co.uk/teach/teach/childrens-mental-health-week-2019/zk37bdm>

<https://www.calm.com/>

<https://www.headspace.com/meditation/kids>

<https://www.weareteachers.com/bucket-filler-activities/>

Fingal CoCo resources: <https://www.gov.ie/en/publication/a09d8f-local-authorities-supporting-community-wellbeing/#fingal-county-council>

Ms. Daly has compiled many resources that we have used for our work on wellbeing in school. She has kindly put them together in a google drive folder so you can all access them. They include meditations/songs/mindful colouring/affirmations etc. We would encourage you to make use of these resources. The children already know some of the songs. They will be good for this week but also generally going forward.

https://drive.google.com/drive/folders/1h_s5UgL5TvSDSum0lXIYXu3fo37vtqi1?usp=sharing

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*****Look after your own mental health and wellbeing – remember you cannot help anyone else if you are not looking after yourself*****

If you are struggling with your own mental health at this time, you are not alone. Many of us are very overwhelmed with anxiety and also with the stress of working from home, looking after loved ones, trying to educate our own children etc. The constant bombardment of covid-19 news and information is hard to take and we cannot help but be affected by it. **Remember it is ok not to be ok!**

Please reach out to a friend or family member, switch off the news, put down the phone. Find some time for yourself even if only 10 minutes. Listen to a funny podcast, take a bath, go for a walk by yourself. Join in with some of the activities that your children will be doing over the week – you might find one that suits you too!

Please note the numbers and websites below. If it all becomes too much, please use them. They are there for a reason and making a call might be the very thing you need.

Aware Support Line service is a free service and is available to anyone, **aged 18 years and over**, who is seeking support and information about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar disorder. It is available to you, if you are feeling anxiety or worry in relation to the current Covid-19 outbreak and would like to know what supports and services are available to you. Available **Monday – Sunday, 10am – 10pm. Freephone 1800 80 48 48**

<https://www.aware.ie/>

Samaritans: You can get in touch about anything that's troubling you, no matter how large or small the issue feels. We're here to listen, no judgement, no pressure, and help you work through what's on your mind. We'll never tell you what to do. **Call any time from any phone: 116 123**

<https://www.samaritans.org/?nation=ireland>

Pieta House. Feeling alone or afraid? Talk to a therapist any time, day or night. If you need someone to talk to, we listen. Whatever you're going through, you can call us anytime for **FREE: 1800 247 247 or text help to 51444** <https://www.pieta.ie/contact/>

There are some good links and advice at this HSE link: <https://www2.hse.ie/wellbeing/mental-health/covid-19/minding-your-mental-health-during-the-coronavirus-outbreak.html>

These ones are aimed at youth but there are some useful tips and links on them. You will also find them beneficial if you have a teenager in the house!

www.spunout.ie

www.jigsaw.ie

<https://www.facebook.com/SkerriesYouthSupportServices/>

<https://www.gov.ie/en/publication/606da7-coping-at-home-during-covid-19/>