

Wellness Week 2022



Mindfulness Time
All Week! All Classes!
11.45pm-12.15pm

Try Yoga and Creative Dance!

13th – 17th June 2022



Mindful Monday

June 13th

Mindfulness exploration in class

Lose yourself in a Creative Dance session with our visiting teacher Edel Shinnors!



Team Tuesday

June 14th

Our school community is a team.

Wear a team jersey!

Explore the benefits that being part of a team of people can have on wellbeing.



Walking Wednesday

June 15th

Get outside and remind yourself how nature can positively impact our wellbeing-
Class walks for everybody!

Explore the topic of Healthy Eating in class.



Thoughtful Thursday

June 16th

Show kindness, empathy and compassion for yourself and others.

Spread positivity wherever you go!



Feel Good Friday

June 17th



Music and dance in the yard for break times!

Wear your rainbow colours!

Enjoy a Yoga session with our visiting teacher Wendy Condell!



