



Suggested Weekly Wellbeing Routine

Below is a suggested weekly routine to support the wellbeing of children during the learning week. Understandably, every child and family will be different. You may choose to do all the activities or a selection. The most important thing is that the activities support wellbeing and provide a break from learning activities so that all our students can come back to learning refreshed and settled.

	Sunday	Monday	Tuesday	Wednesday	Thursday
Before Learning Day	5 minute mindfulness activity(e.g.body scan, mindful breathing)	5 minute mindfulness activity(e.g.body scan, mindful breathing)	5 minute mindfulness activity(e.g.body scan, mindful breathing)	5 minute mindfulness activity(e.g.body scan, mindful breathing)	5 minute mindfulness activity(e.g.body scan, mindful breathing)
Morning	Mindfulness (e.g. mindful eating, mindful walking)	Physical Activity	Mindfulness (e.g. mindful eating, guided imagery)	Physical Activity	Mindfulness (e.g.sensoryjar, superhero senses)
Afternoon	Physical Activity	Mindfulness (e.g. mindful eating, mindful exploring)	Physical Activity	Mindfulness (e.g. mindful listening, smell the flowers)	Physical Activity
After Learning Day	Check-in and Gratitude Activity	Check-in and Gratitude Activity	Check-in and Gratitude Activity	Check-in and Gratitude Activity	Check-in and Gratitude Activity

