

Self-care Timetable



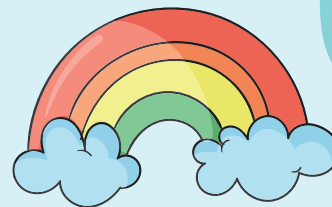
Click on the links in blue to access each day's activity

Monday

Wellness Journal

[Download and print the wellness journal here.](#)

Students can complete the daily wellness journal in class.



Tuesday

Meditations

[Listen to Mindfulness Meditation in Nature here.](#)

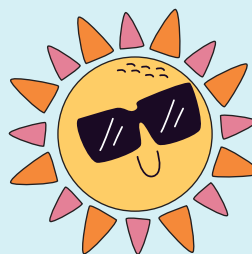
[Listen to Leaves on a Stream here.](#)



Wednesday

Classroom Talk on Wellbeing

[Watch this classroom presentation here](#) with your students about how to take care of your mental health and wellbeing.



Thursday

Worry Lorry

[Download and print the Worry Lorry for students here.](#) Students write down their worries and then focus on the things that make them feel good or at ease.



Friday

Selfie' Steem activity

[Download and print this activity for students here.](#)

Students should write down as many things that they like about themselves to boost their self esteem. You can also invite students to write these about each other.



Saturday

Mindfulness Colouring

Parents - [download and print the mindfulness colouring activity here,](#) and complete it with your child to boost their mood.

Sunday

Origami

[Download and print the origami here,](#) and play it with your child for some positive affirmations and reminders.

