

## St.Peter's Wellbeing Week 2021

May 10<sup>th</sup>-14<sup>th</sup>

Wellbeing Week is an annual event which took place in our school on May 10th-14th 2021. This year at St. Peter's N.S we took the opportunity to find some creative ways to introduce more wellbeing & mindfulness practices into the regular school days of our staff and pupils. We had great fun throughout the week, from Belly Breathing on Movin' Monday to Active Blasts and Talent Shows later into the week - here's a snapshot of some of the activities we all got up to.

### **Daily Mindfulness Moments:**

We created daily moments for mindfulness, by starting each day off with a little mindfulness activity and using mindfulness practices throughout the day. [www.gonoodle.com](http://www.gonoodle.com) and [www.cosmickids.com](http://www.cosmickids.com) have some great activities if anyone wants to try them at home. The pupils really enjoyed engaging in daily mindfulness sessions with some breathing techniques being practiced such as Belly Breathing, Rainbow Breathing and Finger Breathing (see video links below).

### **iMove Active Moments:**

Using a fun active platform called 'imoves', all of the classes enjoyed some fun, active moments during the school day, increasing daily movement for the wellbeing of all of our pupils. Classes were encouraged to move as much as possible during the week and take some little trips around the school grounds to get moving in a new way!

### **Daily Check-Ins:**



We created a culture during Wellbeing Week for sharing our feelings and emotions, through daily 'check ins' using a 'Check In' box in each class, or orally with the younger pupils. Pupils learned how important it is to talk about how they feel and share how they are doing with their teacher. We love to support and know how our pupils are doing!

### **Gratitude Practice:**



Every class learned how to practice gratitude during Wellbeing Week with a Gratitude lesson. Some classes created 'A Chain of Thanks', appreciating and celebrating all we have to be grateful for in our lives. They are on display in many of our classrooms!

### Connected Art



Each class coloured in a piece of card, cut out in the shape of a person and decorated it with good things about themselves. All of these masterpieces were combined and collaged together to create one whole school display called 'We are all Connected'. This was co-ordinated by our fantastic SNA Sally who we owe a huge thanks to 😊 The display is beautiful and can be found outside our staffroom.

### Talent Sharing:

On Thursday, each class hosted a Talent Show and all teachers were blown away by the talent in their classes. The pupils had opportunities to share their talents, express themselves and just have fun!

### Feel Good Friday:

Wellbeing Week finished up with 'Feel Good Friday'. This included 'No Uniform Day' where all pupils wore their own clothes to school. A lovely way to finish the week 😊

Wellbeing Week was a huge success and I would like to thank all the teachers and pupils for getting involved in all of the activities and for all their efforts. Beyond 'Wellbeing Week' it is really important for us all to keep focus on mental health and wellbeing throughout the school year, both at home and at school.

If anyone has any feedback, questions or suggestions on Wellbeing Week or future wellbeing & mindfulness practices within the school, I would love to hear from you.

Many Thanks,  
Ms.M O'Brien  
SPHE Co-ordinator

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### Suggestions for parents at home:

Why not try to do a little mindfulness everyday with your children? They really do love it and it has huge health benefits. Try to make it part of your daily routine at home whether it is just before dinner or before bed. It can be practiced at any time and used as needed throughout the day.

<https://parentingchaos.com/anxiety-apps-kids/>

- A list of apps to use at home. Most are suitable for all children and some are more tailored to help with anxiety in particular.
- \*\* The Calm App on this list has a great suite of content for both children and adults so it can be used by the whole family or visit [www.calm.com](http://www.calm.com) to access it on a laptop/computer.

[www.cosmickids.com](http://www.cosmickids.com)

- Making mindfulness and yoga for your kids fun!

[www.gonoodle.com](http://www.gonoodle.com)

- GoNoodle® engages and inspires millions of kids every month to channel their boundless energy-getting them up, moving and becoming more mindful. Created by child development experts, you can join for free at school, home, and everywhere kids are.

Some mindfulness/ breathing videos to try with your children at home:

#### **Rainbow Breath**

<https://family.gonoodle.com/activities/rainbow-breath>

#### **Finger Breathing**

[https://www.youtube.com/watch?v=Wsy2L9VvX90&ab\\_channel=CosmicKidsYoga](https://www.youtube.com/watch?v=Wsy2L9VvX90&ab_channel=CosmicKidsYoga)

#### **Mind Bubbles**

[https://www.youtube.com/watch?v=70j3xyu7OGw&ab\\_channel=TheMentalHealthTeache](https://www.youtube.com/watch?v=70j3xyu7OGw&ab_channel=TheMentalHealthTeache)

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#### **Climb Ladder Breathing**

[https://www.youtube.com/watch?v=bXmq5idN23E&ab\\_channel=CosmicKidsYoga](https://www.youtube.com/watch?v=bXmq5idN23E&ab_channel=CosmicKidsYoga)

#### **Belly Breathing**

<https://blissfulkids.com/mindfulness-exercises-for-kids-teddy-bear-belly-breathing/>