Junior Infant Wellbeing Week – 15th – 19th June 2020

The following are some suggestions you might do this week, please feel under no pressure, pick and choose activities that suit you.

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Yoga**  Cosmic Yoga  Complete ‘The Very Hungry Caterpillar’ Yoga video | **Yoga**  Cosmic Yoga  Complete ‘Coco the  Butterfly’ Yoga video | **Yoga**  Cosmic Yoga  Complete ‘We’re Going on a Bear Hunt’ Yoga video | **Yoga**  Cosmic Yoga  Complete ‘Popcorn and the Pirates’ Yoga video | **Yoga**  Cosmic Yoga  Complete ‘Pedro the Penguin’ Yoga video. |
| **Story Time**  Listen to the story ‘The Big Bag of Worries’. Draw some pictures of things that worry you and tell me about your picture. | **Mindful Colouring**  Play some relaxing music and chill out while you colour!  Pick a page from your Rainy Days Book! Take a picture and upload it to Seesaw so I can see! | **Story Time**  Listen to the story ‘Have you Filled a Bucket Today?’  Can you think of some things you could do to become a bucket filler? | **Glitter Jar**  Make your own glitter jar. If you feel worried, give that jar a shake, watch the glitter swirl around and then settle calmly at the bottom. | **Story Time**  Listen to the story ‘Don’t Worry William’.  Draw a picture of your favourite part of the story., |
| **Meditation**  Rainbow Meditation – Make yourself comfortable, close your eyes and relax with this rainbow meditation. | **Meditation**  Butterfly Body Scan – Try this nice relaxing and calming meditation. | **Meditation** Sitting Still Like a Frog – Can you pretend you are a frog and sit still just like they do? | **Meditation**  The Gratitude Tree – take some time to relax and think about all the things you are thankful for in your life. | **Meditation**  Mindfulness of the Senses – take some time to really wake up your senses! |
| **Art**  Rainbow Heart activity – make a rainbow heart for someone to show them how much you care for them. | **Art**  Draw a butterfly or try some butterfly printing. | **Random Act of Kindness**  Can you carry out some random acts of kindness today? I bet you it will make you feel really happy. | **Art**  Create your own Tree of Thanks . | **Senses Scavenger Hunt** Can you use all five senses to complete all the tasks on our five senses scavenger hunt? |

**Resources:**

Cosmic Yoga – Please find the links below for each Cosmic Yoga activity:

* The Very Hungry Caterpillar – <https://www.youtube.com/watch?v=xhWDiQRrC1Y>
* Coco the Butterfly – <https://www.youtube.com/watch?v=pT-s1-phgxs>
* We’re Going on a Bear Hunt – <https://www.youtube.com/watch?v=KAT5NiWHFIU>
* Popcorn and the Pirates – <https://www.youtube.com/watch?v=T_0P5grVoyg>
* Pedro the Penguin - <https://www.youtube.com/watch?v=Rzw-Oir8UPw>

Story time – Please find the links below for read alouds of each story:

* The Huge Big Bag of Worries - <https://www.youtube.com/watch?v=NbcswBYnmeQ>
* Have you Filled a Bucket - <https://www.youtube.com/watch?v=3EuemNAo6XE>
* Don’t Worry William - <https://www.youtube.com/watch?v=JG-ocltu5i4>

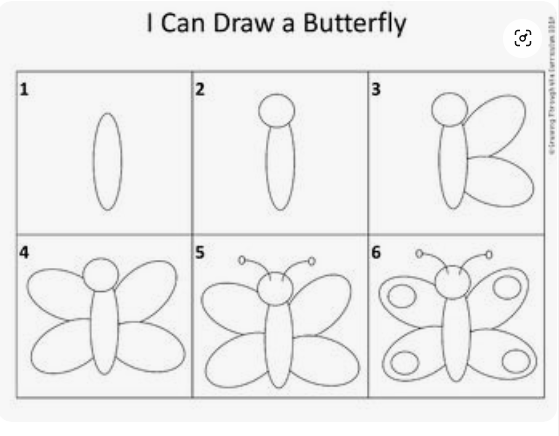
Meditation – the links below will open up the short meditation videos:

* Rainbow Meditation - <https://www.youtube.com/watch?v=zyjjz-Q2fDA>
* Butterfly Body Scan - <https://www.youtube.com/watch?v=56_8aK3cLEA>
* Sitting Still Like a Frog - <https://www.youtube.com/watch?v=m5RkzsbaPiE>
* The Gratitude Tree - <https://www.youtube.com/watch?v=64QzBuhsyuk>
* Mindfulness of Senses - <https://www.youtube.com/watch?v=AFdZabPF0fE>

Random Acts of Kindness – Can you become a bucket filler and carry out some random acts of kindness?

Draw your own butterfly – follow each step to draw your own butterfly.



Gratitude Tree (Tree of Thanks Activity) instructions:

