**Senior Infants Wellness Week 15th – 19th June 2020**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Yoga:**  Complete “The Very Hungry Caterpillar” Yoga video. See Seesaw for link or YouTube.  The Very Hungry Caterpillar Plan – Mash.ie | **Yoga:**  WE'RE GOING ON A BEAR HUNT | Licensing MagazineComplete “We’re Going on a Bear Hunt” Yoga video. See Seesaw for link or YouTube. | **Yoga:**  ATW: What does 🦋 - butterfly emoji mean?Complete “Coco the Butterfly” Yoga video. See Seesaw for link or YouTube. | **Yoga:**  Cartoon Pirate Stock Illustrations – 31,312 Cartoon Pirate Stock ...Complete “Popcorn and the Pirates” Yoga video. See Seesaw for link or YouTube. | **Yoga:**  Cartoon Penguin Images, Stock Photos & Vectors | ShutterstockComplete “Pedro The Penguin” Yoga video. See Seesaw for link or YouTube. |
| **Story: “Have you filled a bucket today?”** Can you think of some things you could do to become a bucket filler? | **Mindful Colouring:** Play some calm music (see Seesaw for a link) and colour a page of your Rainy Days book. Relax and enjoy! | **Meditation: Butterfly Body Scan** Try this calming meditation and let your whole body relax! | **Story: “The Huge Bag of Worries”** Listen to the story, draw and discuss things you might be worried about with an adult, it’s good to talk! | **Mindful Listening:** Listen carefully with your eyes closed for one minute to all the sounds you can hear. Write down what you heard. |
| **Rainbow Heart:** Make a rainbow heart to show someone you care. | **Teddy Breaths:** Have a look at Seesaw for details! | **Art:** Draw or paint a beautiful butterfly! | **Thankful Thursday:** List all the things you are thankful for. | **Feelings Friday:** See Seesaw for details. |