

Wellbeing Week



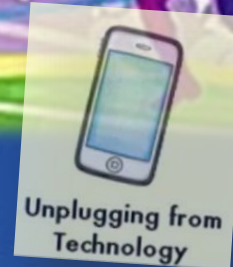
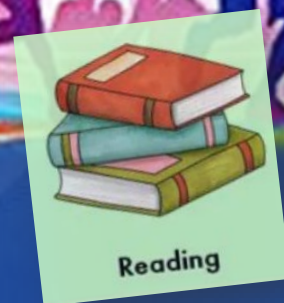


Thursday

Be Active!

Be active

This isn't just about physical activity but also being proactive in finding coping skills that work for you!



BUS



BE ACTIVE



Being active everyday causes changes in our brain



Get Moving and Feel Better!!

Start Small

Be Kind To Yourself

Everyday Things Count

Clear Your Head

Celebrate Your Achievements

5 ways
to get moving
and feel...

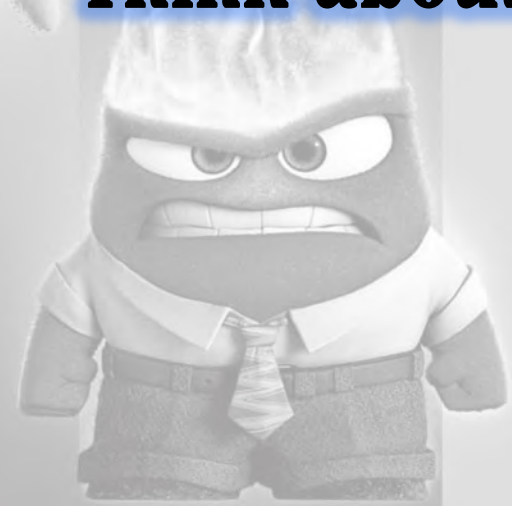
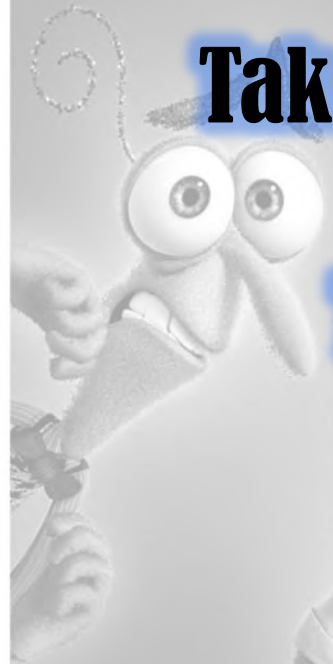
Better!

How to manage BIG EMOTIONS!

Take notice of your thoughts, feelings and actions!

Think about how to cope with these things!

Take action!



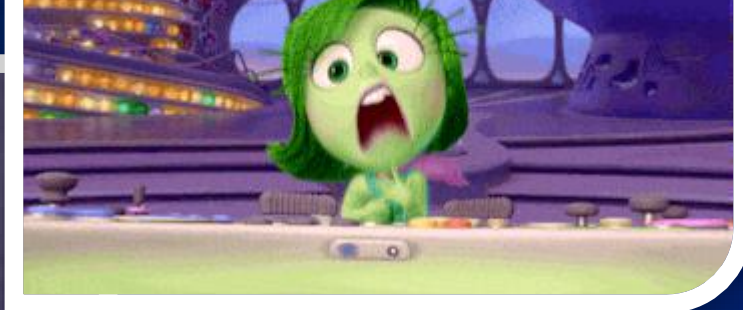


HOW TO CONTROL



BIG EMOTIONS

FOR KIDS



**Take Action When
You Notice Your
Feelings...**



Feelings Thermometer



How Do You Act?	What Can You Do About It?
<p>Arguing, Refusing Tantrum, Shutting Down Yelling, Stomping</p>	<p>"1234" Count to 10 or 100</p> <p> Tell an adult</p> <p> Move your body or exercise</p> <p> Stop, and walk away</p> <p> Take a nap</p> <p> Take deep breaths</p> <p> Practice grounding techniques</p>
<p>Avoiding, Pacing Clingy, Hyper Shutting Down Overstimulated</p>	<p> Take deep breaths</p> <p> Take a break</p> <p> Pause, and ask for help</p> <p> Use positive self-talk</p> <p> Relax and try again</p> <p> Tense and relax your muscles</p> <p> Think of a peaceful place</p>
<p>Smiling, Relaxed Laughing, Engaged Paying Attention Enjoying Yourself</p>	<p> Smile & practice gratitude</p> <p> Help someone else</p> <p> Use kind & positive words</p> <p> Take steps toward your goals</p> <p> Exercise</p> <p> Keep listening</p> <p> Write about your successes</p>
<p>Withdrawn, Disengaged Crying, Slowed Down Understimulated Depressed</p>	<p> Get or give a hug</p> <p> Talk to friends or family</p> <p> Get some fresh air</p> <p> Stretch</p> <p> Listen to music</p> <p> Move your body or exercise</p> <p> Do a hobby you enjoy</p>

Finding a Coping Skill that works for you is crucial for building your Resilience and 'Bounce-Back Ability'!





Zumba in the PE hall for all at lunchtime with Ms. Clifford

Unihoc in the PE hall for juniors at lunchtime with Mr. Mulhall

5-a-side **Football** at break time outside with Mr. Power

Yoga for 6th years in the morning with Ms. Travers

**TODAY'S
ACTIVITIES:**



**Try a new activity!
FIND a COPING SKILL THAT
WORKS FOR YOU!**

Thursday

Be Active



Scoil Mhuire Wellbeing Week 2024 Thursday Newsletter

Today's Schedule of events ...

8:30–9:15

Morning Yoga for 6th
year students



9:30 Daily

Wellbeing
Announcement

Break and lunchtime

5–a–side, Zumba &
Unihoc



Senior Prefect visit to
Autism Support Class
to do Easter Egg
painting, mindful
colouring and Bubble
Bounce Mindfulness
Exercise



7:30pm Parents

Webinar with Fiona
Forman

Theme of the Day ...



Thursday's feelgood fact

Researchers have found that
eating chocolate causes the brain
to release endorphins, which are
chemicals that make us feel good.



Other initiatives ...

Our photography
competition is still running,
don't forget to email your
photos to
lilymccarthyflood@scoilmhui
reclane.ie

1st & 6th year students are
still working on their time
capsules!