

Well-Being Month

In school, we are raising the profile of Well-being, thinking of physical and mental health and working on ways to relax and share feelings. We are combining this with promoting healthy lifestyles - keeping fit and eating well. The timetable below shows the focus in specific classes over the coming weeks.

	Week 1 w/c 30 April	Week 2 w/c 7 May	Week 3 w/c 14 May KS2 SATS WEEK	Week 4 w/c 21 May LIFE SKILLS BUS
Foundation Stage	<u>Red Admirals</u> : Well-being stories; Forest School; Being Still <u>TortoisesHELLi</u> : Mindfulness Colouring; relaxation music	<u>Red Admirals</u> : Yoga; celebrating each other; Forest School <u>TortoisesHELLi</u> : Yoga; Try Something New- discussion and challenge; Making a Feelings thermometer	<u>Red Admirals</u> : Meditation; Forest School; What shall I eat?; Let's get physical; Yoga <u>TortoisesHELLi</u> : Learning outside all day; Water challenge	<u>Red Admirals</u> : Meditation; Forest School; Awe & Wonder (Being Still); Time to Grow; Yoga <u>TortoisesHELLi</u> : Outdoor Story Time; Growing activities
Year 1	<u>Peacocki</u> : Class Feelings Chart <u>Emperor</u> : Seated yoga; swimming; feelings chart; PE; Pass on the Praise/encouragement; Treasure Box.	<u>Peacocki</u> : Calming music to start the day <u>Emperor</u> : Wake Up, Shake Up; Feelings (story time); seated yoga; PE, Field Walk; Good or Bad Touch; Treasure Box	<u>Peacocki</u> : Relaxation and meditation to end the day <u>Emperor</u> : seated yoga; swimming; wake up, shake up; Billy the Bully, (story time); smoothie-making; Field Walk; PSHCE on teasing; Treasure Box	<u>Peacocki</u> : PSHCE lesson: Friendship <u>Emperor</u> : Seated yoga; swimming; wake up, shake up; The Lion Inside (story); Healthy snack-making; PE; Field Walk; PSHCE (helping); Treasure Box.

Year 2	<u>Swallowtail</u> Water challenge; Breathing exercises; What is wellbeing? Discussion	<u>Swallowtail</u> Water challenge; Mindfulness colouring; Breathing exercises <u>Lulworth</u> Daily Mile; Mindfulness colouring	<u>Swallowtail</u> Water challenge; Calming music Outdoor mindfulness-listening to environmental sounds/ feeling the air around us <u>Lulworth</u> Water Challenge	<u>Swallowtail</u> Water challenge; Listening to calming music Mindfulness outside-laying on the ground and looking up under a tree to notice light/shade/colour/movement Fruit smoothies at break <u>Lulworth</u> fruit smoothies at Break
Year 3	<u>Africa</u> Yoga	<u>Africa</u> Wake and Shake, to start the day; yoga to finish. <u>Chiltern Blue</u> Water Challenge	<u>Africa</u> Appreciation Boards; art doodling. <u>Chiltern Blue</u> Making a Tree of Kindness	<u>Chiltern Blue</u> Relaxing colouring at the end of the day
Year 4	Wake 'n' Shake	Outside lessons; Mindfulness; listening to environmental noises; mindfulness colouring to music.	Try Something New Week. At end of the week, sharing these new ideas.	Life Skills Bus
Year 5	<u>Asia</u> Circle Time; relaxing music during Big Write; thank you poster; yoga/stretching; Mindfulness colouring and relaxing music to end the day.	<u>Asia</u> Circle Time; relaxing music during Big Write; thank you poster; yoga/stretching; Mindfulness colouring and relaxing music to end the day. <u>Europe</u> school trip; relaxing music at the end of the day; Mindfulness colouring	<u>Asia</u> Circle Time; relaxing music during Big Write; thank you poster; yoga/stretching; Mindfulness colouring and relaxing music to end the day. <u>Europe</u> Mindfulness colouring; shout-out board; sharing "shout-outs"	<u>Asia</u> Circle Time; relaxing music during Big Write; thank you poster; yoga/stretching; Mindfulness colouring and relaxing music to end the day. <u>Europe</u> Mindfulness Colouring.

Year 6	<p><u>America:</u> Morning relaxation music; class story; Growth Mindset PSHCE</p> <p><u>Antarctica:</u> Morning relaxation music</p>	<p><u>America:</u> Morning relaxation music; mindfulness colouring; whole class story.</p> <p><u>Antarctica:</u> Morning relaxation music; Growth Mindset session</p>	<p><u>America:</u> Dance- Wake Up, Shake Up; Breakfast Club in class; Outdoor Learning.</p> <p><u>Antarctica:</u> Breakfast club Relaxation/meditation techniques</p>	<p><u>America:</u> a.m. relaxation music; mindfulness colouring; whole class story.</p> <p><u>Antarctica:</u> Pilates Mindfulness session</p>
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