



# CITYWEST ETNS WELL-BEING FORTNIGHT

**Be Kind To YOURSELF!**

**Everything here is good for adults AND kids  
so we hope EVERYONE joins in!**



# WEEK ONE

Bank  
Holiday  
Monday

Tuesday

Wednesday

Thursday

Assembly  
Friday

Weaving  
Well-being  
Booklet

Download  
The  
Booklet

Page 1  
Feel  
Happy  
  
Page 2  
Happy  
Memories

Pages 3 & 4  
Feeling  
Positive  
Emotions

Page 5  
Acrostic  
Poem  
  
Page 6  
Rainbow  
Moments

Pages 8 & 9  
Kind Mind



Tip Of  
The Day

Prepare  
Your Work  
Space

Get  
Dressed

Eat  
Breakfast

Have A  
Routine

Mark The  
Change  
From  
School  
Day To  
Weekend

# BANK HOLIDAY MONDAY



## Overview

- ✓ Download the Weaving Well-being booklet
- ✓ Have some family fun
- ✓ Prepare your work space

Today is a Bank Holiday.  
That means no schoolwork and hopefully means extra rest and some family fun. Try to **do one fun thing** today with your family!

Please go to [this website](#) and **download the Weaving Well-being At Home workbook**.  
You don't have to print it; just use it for ideas!

The well-being tip for today is:  
**Prepare your workspace** for tomorrow. Is it clear of things? Is it clean? Are your pencils pared? This is a present you are giving to yourself - imagine the smile you will have tomorrow when you see this lovely space!

Have a happy day!

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# TUESDAY

## Overview

- ✓ Booklet Page 1 Feel Happy
- ✓ Booklet Page 2 Happy Memories

- ✓ Get dressed
- ✓ Prepare your work space

- ✓ Watch Caitríona's video

Open up your Weaving Well-being book and do **pages 1 and 2**. You can draw these pictures on any piece of paper.

Hopefully your **whole family** will join in. We all deserve to think happy thoughts!

The well-being tip for today is:

**Get dressed every morning.**

Getting dressed sends an important message to your brain that sleeping time is over and it's time to DO something!

Try getting dressed every day this week.

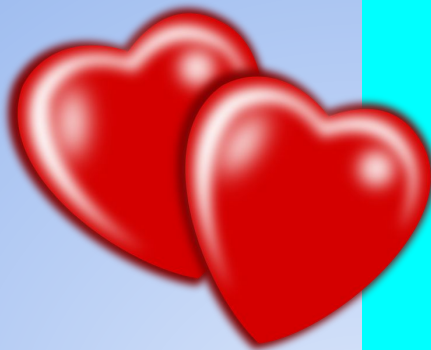
**Leave your work space ready** for the morning too and feel happy that you will give yourself a smile in the morning!

Please watch Caitríona's video.

Hope you have a great day!



# WEDNESDAY



## Overview

✓ Booklet Page 3

✓ Booklet Page 4

Feeling Positive Emotions

✓ Get dressed

✓ Eat breakfast

✓ Prepare your work space

✓ Watch Caitríona's video

Pull out your Weaving Well-being book again and look at **pages 3 and 4**. Today is a writing task. Again, you can write this on any page. It's ok to have someone do the writing for you. It's the thinking that's important, not the writing!

The well-being tip for today is:

**Eat breakfast every day.** Like getting dressed, eating breakfast sends a message to your brain and your body that it's time to get started on your day. So **get dressed** and eat your breakfast before you start your day.

At the end of the day, **check your workspace**. Is it ready for tomorrow?

Please watch Caitríona's video too.

We hope you have a productive day!





## Overview

- ✓ Booklet Page 5 Acrostic Poem
- ✓ Booklet Page 6 Rainbow moments
  
- ✓ Think about your routine
  - ✓ Get dressed
  - ✓ Eat breakfast
- ✓ Prepare your work space
  
- ✓ Watch Caitríona's video

It's another writing task today for Weaving Well-being and again it's ok to have someone do the writing for you and it's ok to write it anywhere. Make up an **acrostic poem** for WELLBEING and think of your **Rainbow Moments!**

The well-being tip for today is: **Have a routine.**

[Here is an example of a routine.](#)

Do you have one already? Does it work? Maybe it needs to be changed a little if your family gets stressed at the same time every day. Between now and Sunday evening, talk with your family about your routine and see if you can improve just one thing about it for next week.

Remember to **get dressed and eat breakfast** every morning and to leave your **workspace ready** every evening.

These routines are ways of showing kindness to yourself. They may seem hard at first but, if you practice every day, they will become routine and then you won't even have to think about them!

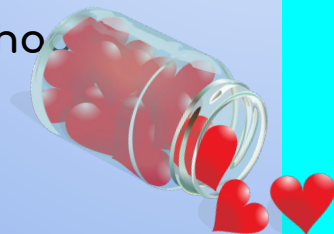
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Remember to watch Caitríona's video for today.

# ASSEMBLY FRIDAY

## Overview

- ✓ Booklet Pages 8 Kind Mind
- ✓ Booklet 9 Kind Mind
- ✓ Go to your class assembly OR Watch Cairtriona's video
- ✓ Think about your routine
  - ✓ Get dressed
  - ✓ Eat breakfast
- ✓ Mark the change from school day to weekend



Happy Friday!

I am so excited today because I get to see your face! I hope you can **come to assembly today**. If you can't, that's ok - I hope you watch one of my videos and send me a message to say Hi!

Today in Weaving Well-being, we are focusing on having a **Kind Mind**. Instead of doing page 9, you could write out and decorate some of the sentences on page 8 and put them up around your house to remind everyone to use kind words, including to themselves. I would love to see photos of them too!  
(We are skipping page 7 - we'll do that next week.)

This afternoon or evening, please find some way to **mark the end of the school week** and start of the weekend. In my house, we watch a movie together and eat some tasty snacks or treats.

I hope that getting dressed and eating breakfast is happening every day. Try to keep doing that over the weekend too, even if you're getting up a little later each morning!

**Have a super weekend!** Love from Cairtriona.

# WEEKEND

## Overview

- ✓ Catch up on Well-being Fortnight
- ✓ Have some family fun
- ✓ Agree a new family routine
- ✓ Get dressed each day
- ✓ Eat breakfast each day
- ✓ Prepare your work space on Sunday evening



I hope you have a wonderful weekend.

What we are trying to do during Well-being Fortnight is to set up routines for the whole family that help our mindset, that help us to look after ourselves and to be well.

If the week was too busy to engage with Well-being Fortnight Week 1, now is your chance to look back and to choose something to try.

Try to get dressed each day and to eat breakfast each morning.

And on Sunday evening, give that gift to your future self of a clear, clean and prepared work space!

**Most of all, DO SOMETHING FUN TOGETHER!**  
**If you haven't looked at our Parents Association initiative yet, now is a good chance:**

[Our School Rocks!](#)

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With love, Caitríona.