



CITYWEST ETNS

WELL-BEING FORTNIGHT

WEEK 2

Be Kind To YOURSELF!

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

WEEK TWO



Monday

Tuesday

Wednesday

Thursday

Pyjama
Friday

Weaving
Well-being
Booklet

Page 7
Rainbow
Moments

Page 7
Rainbow
Moments

Page 7
Rainbow
Moments

Page 7
Rainbow
Moments

Page 7
Rainbow
Moments

Page 12
Get
Creative

Page 13
Dealing
With
Worries

Page 14
Dealing
With
Worries

Page 15
Rainbow
Breathing

Page 10
Light Up
The World

Tip Of
The Day

Plan Your
Day

Be Active

Eat Fruit

Plan Your
Clothes

Review
Your Week





MONDAY

Overview

- ✓ Booklet page 7 Rainbow Moments
- ✓ Booklet page 12 Get Creative

- ✓ Follow your routine
 - ✓ Get dressed
 - ✓ Eat breakfast
 - ✓ Plan your day

- ✓ Prepare your work space

- ✓ Watch Cairíona's video



Welcome to the 2nd week of Well-being Fortnight. This week, let's focus on making good practices our habits so you are set up for success for the last 6 weeks of term!

I hope you are still **getting dressed** and **eating breakfast** every morning and **setting up your work space** every evening. If you forgot, that's ok, just start again. Did you think about your **routine** over the weekend? What one thing will you improve on this week?

This week, the teachers (Jun Inf to 2nd class) are helping you to set up your day. Each morning, watch the video of one teacher doing a **morning meeting**. This is a chance for parents to see how we do this so you can continue it without the teachers' videos after that.

In our booklet, we are making a habit this week of thinking of our **rainbow moments**. I hope you have fun **getting creative** too!



TUESDAY

Overview

- ✓ Booklet page 7 Rainbow Moments
- ✓ Booklet page 13 Dealing With Worries

✓ Follow your routine

✓ Be active

✓ Watch Caitríona's video



Keep going with those **Rainbow Moments!**
By doing this every day, you are telling your brain to look for them!

Look at page 13 and talk about what helps you **when you feel worried**. You can try the tips in the book and maybe you can add another one!

Remember your routine!

In the morning:

- Get dressed
- Eat breakfast
- Plan your day - watch the morning meeting video if you are in a junior class

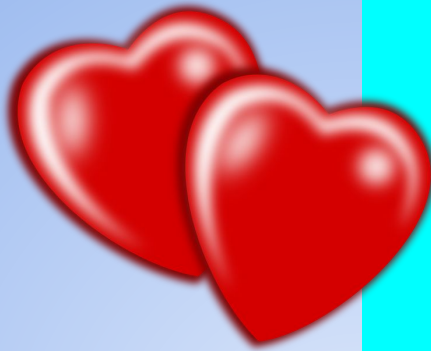
During the day:

- **Be active** - do something each day that gets your body moving!

In the evening:

- Prepare your work space for tomorrow

WEDNESDAY



Overview

- ✓ Booklet page 7 Rainbow Moments
- ✓ Booklet page 14 Dealing With Worries

- ✓ Follow your routine
 - ✓ Plan your day

 - ✓ Eat fruit
 - ✓ Be active

- ✓ Watch Caitríona's video

Keep going with those **Rainbow Moments!** By doing this every day, you are telling your brain to look for them.

Look at page 14 and practice the **Dealing With Worries** tricks for two worries. Each time you use a technique, it gets easier - so keep trying!

Remember your routine!

In the morning:

- Get dressed
- Eat breakfast
- Plan your day - watch the morning meeting video if you are in a junior class

During the day:

- **Eat fruit** - it's good fuel and will help to give you good energy!
- **Be active** - do something each day that gets your body moving

In the evening:

- Prepare your work space for tomorrow





THURSDAY

Overview

- ✓ Booklet page 7 Rainbow Moments
- ✓ Booklet page 15 Rainbow Breathing

✓ Follow your routine

✓ Plan your clothes

✓ Watch Caitríona's video

Keep going with those **Rainbow Moments!**
Hopefully it's getting easier to think of them.

Look at page 15 and practice **Rainbow Breathing**.
This is like one of the mindful moment techniques we use at assembly!

Remember your routine!

In the morning:

- Get dressed
- Eat breakfast
- Plan your day - watch the morning meeting video if you are in a junior class

During the day:

- **Eat fruit** - it's good fuel and will help to give you good energy!
- **Be active** - do something each day that gets your body moving

In the evening:

- **Set out your clothes** and prepare your work space for tomorrow - these are gifts to your tomorrow self!



PYJAMA FRIDAY



Overview

- ✓ Booklet page 7 Rainbow Moments
- ✓ Booklet page 10 Light Up The World

- ✓ Follow your routine

- ✓ Go to your class assembly OR Watch Caitríona's video

- ✓ Review your week
- ✓ Mark the change from school day to weekend

Happy Friday!

Today is the last day of Well-being Fortnight but I hope it's not the last day you focus on your well-being!

Finish page 7 today and do page 10 - this sets you up to do page 11, which I hope you will do each day next week.

I am excited today because we are having another assembly. Come to this one in your pyjamas!

Remember your routine!

In the morning:

- Eat breakfast
- Plan your day - no video from the teachers today because we have assembly; try the meeting yourselves!

During the day:

- **Eat fruit** - it's good fuel and will help to give you good energy!
- **Be active** - do something each day that gets your body moving

In the evening:

- **Review your week** - what went well? What will you focus on improving next week?
- Find some way to **mark the end of the school week** and start of the weekend. Make it a celebration!

EASY-PRINT DAILY ROUTINE REMINDERS

MORNINGS	DURING THE DAY	EVENINGS
<ul style="list-style-type: none">● Get dressed● Eat breakfast● Plan your day	<ul style="list-style-type: none">● Eat fruit● Be active● Look out for Rainbow Moments● Light up the world with kindness	<ul style="list-style-type: none">● Set out your clothes● Prepare your work space

EASY-PRINT WEEKEND REMINDERS

FRIDAYS	ANY TIME OVER THE WEEKEND	SUNDAY EVENINGS
<ul style="list-style-type: none">● Review your week● Mark the start of the weekend	<ul style="list-style-type: none">● Have fun as a family● Review your routine	<ul style="list-style-type: none">● Set out your clothes● Prepare your work space