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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Something positive to start the day** |  |  |  |  |  |
| **Daily Exercise** |  |  |  |  |  |
| **Act of Kindness** |  |  |  |  |  |
| **Something I am grateful /thankful for** |  |  |  |  |  |
| **How did I relax** |  |  |  |  |  |

**Clonburris Wellbeing Week 2020**

**Something positive to start the day –**

* How we act when we wake up can have a knock on effect for the rest of the day. If we do something positive this can lead us on the right path to having a good day. The same can be said for a negative start to the day.
* Simple examples of this are: drinking a glass of water, making my bed. Doing a house chore, eating a healthy breakfast, say one positive thing

**Daily Exercise**

* Exercise is proven to have many benefits both physical and mental. Exercise is very good for helping you be productive with your day in school or at work.

**Act of Kindness(without reward) ‘Kindness is the language which the deaf can hear and the blind can see’**

* ‘Doing good does you good’ which basically means doing good is good for us. By helping others we can also help how we feel. We are not just doing something so we can be rewarded.
* Examples are: helping at home, giving something to others, sharing, sending a letter to a loved one, sending a nice text message, giving of your time to someone else

**Something I am grateful/thankful for**

* Sometimes we don’t realise how lucky we are, we often take what we have for granted.
* Examples of this; I am healthy. I have a loving family, I have wonderful friends. I have a roof over my head. I am a talented singer/dancer/footballer/musician etc. I have food to eat every day.

**How did I relax**

* Relaxation/rest/downtime are just as important as work and exercise. We need to take breaks from worrying about work and school etc. we relax in different ways. Some people nap, some read, some walk, some listen to music, some colour, some bake.