








Belgrove Junior Boys National School
Mental Health Awareness Week
20th – 24th January 2025

Mindful Monday	Thankful Tuesday	Wellbeing Wednesday	Terrific Thursday	Feel Good Friday
 <p>Guided meditation</p> <p>Mindful Colouring</p> <p>D.E.A.R ‘Drop everything and relax’ with relaxing music.</p>	 <p>Gratitude card: Infants draw and 1st/2nd write.</p> <p>Random act of kindness. (Up to teachers discretion)</p>	 <p>10 @ 10</p> <p>Do a mile and smile ☺</p>	 <p>Board games/jigsaw play time with buddy class. Teachers to decide together what time suits best</p>	 <p>Pieta House Fundraiser – postponed to later date (Yellow Day).</p> <p>Disco - Speaker on big yard for last 10 minutes.</p>

All links attached in document below. All activities are open to interpretation based on class needs and teachers best judgement.

Links and Information:

Mindful Monday

- Guided meditation – <https://youtu.be/O29e4rRMvV4>
- Mindful colouring – <https://www.twinkl.ie/resource/t2-p-237-mind-your-mind-mindfulness-colouring-page>
- DEAR – ‘Drop Everything and Relax’ for 15 minutes with relaxing music – https://www.youtube.com/watch?v=qk5xuWNFUVY&t=567s&ab_channel=MindfulKids

Thankful Tuesday:

- Gratitude card – will be left in each classroom. Infants draw a picture of something they want to say thank you for.
1st and 2nd class will write a card.

Wellbeing Wednesday:

- 10 @ 10 – <https://www.youtube.com/watch?v=2X1p0Yd6WAo>
- Do a Mile and Smile: Bring your class for a walk (can be less than a mile!) and smile 😊

Terrific Thursday:

- Buddy up for play time. Class list below

Feel Good Friday

- Cosmic Kids Yoga – <https://www.youtube.com/user/CosmicKidsYoga>

Additional Resources:

Relaxing Music:

- https://www.youtube.com/watch?v=WUXEeAXyWCY&ab_channel=OCBRelaxMusic
- https://www.youtube.com/watch?v=l7DVd3nwdaw&t=1176s&ab_channel=TheSoulOfWind

Positive Affirmations:

- https://www.youtube.com/watch?v=Ud_eeFkzH4w&ab_channel=SandZAcademy

Stories – All on YouTube

- Take 5 – Niall Breslin
- The Magic moment – Niall Breslin
- The Chill Skill – Niall Breslin
- The Worrysaurus, by Rachel Bright
- Blue by Britta Teckentrup
- My Monster and Me by Nadiya Hussain

Class Buddy List

- Room 2 and Room 7
- Room 3 and Room 8
- Room 4 and Room 9
- Room 5 and Room 14
- Room 6 and Room 15
- Room 10 and Room 16
- Solas – Discuss best option with ladies in Solas