

St Albert's Whole School Well-being Events

Monday

Join us at our launch assembly at 10am or 2.15pm where we will *'Express Ourselves'* by wearing bright colours to brighten up our week!



Be kind always... you never know how someone is feeling inside.

Tuesday

Join your teachers for a class circle time session where you will learn about all of the different ways to *express* your feelings.

Wednesday

Wear an item of clothing inside out in your zoom lessons as a way of making us all stop and think about how people might be feeling inside.

Thursday

Join your teachers for a class mindfulness session. It's important that we learn to take a deep breath and take care of our minds.

Friday

Let's acknowledge our feelings day. Take part in a 'Draw your Feelings' activity.

There will also be physical challenges posted on your platforms daily!

Birds of Hope Art Exhibition

This week, all classes will be encouraged to get involved in our community art exhibition. Children will design and colour a bird (ideas and templates will be shared via classroom platforms), attach a message of hope, and put them in their windows for passers by. Let's spread hope and positivity!

