

Primary School Wellbeing Calendar

Welcome to the weekly Primary School Wellbeing Calendar. Each week we shall provide you with activities to maintain a healthy mind and body throughout the Remote Learning Period. Click on the links to try the activities. Feel free to share your drawings or colouring pictures with your school counsellor. Ms Cabs (Grade 1-4): c.jordan_wgp@gemsedu.com or Ms Roxanne (KG 1-KG 2): r.wolmarans_wgp@gemsedu.com

Sunday	Monday	Tuesday	Wednesday	Thursday
 <p>Wellbeing</p> <p>The Adventures of Mojo Part 2: Growth Mindset for students</p>	 <p>Wellbeing</p> <p>Cosmic Kids: Be the Pond - A mindfulness activity for kids</p>	 <p>Wellbeing</p> <p>Mind Yeti: Hello Breath - Listen</p>	 <p>Wellbeing</p> <p>Crayola: Mindfulness Colouring Activity</p>	 <p>Wellbeing</p> <p>Story Time from Space: Hey-Ho to Mars We'll Go</p>
 <p>Workout</p> <p>Get Moving! GoNoodle Sing and Dance: Hola, Bonjour, HELLO!</p>	 <p>Workout</p> <p>The Body Coach TV: 5 Minute Kids Workout 2</p>	 <p>Workout</p> <p>Dance Workout! GoNoodle: Popping Bubbles!</p>	 <p>Workout</p> <p>Zumba for kids</p>	 <p>Workout</p> <p>Yoga Adventures for Kids</p>

Weekend challenge: Make your own sensory calming bottle! Watch this video on how to make your very own calming bottle using things in your home!

[Watch instructions here.](#)

Send your counselors some pictures and videos of your own calming bottle creations!

