



# Secondary School Wellbeing Calendar

Sunday, May 17, 2020

Welcome to week 2 of the Secondary School Wellbeing Calendar. We would love to hear back from you. Feel free to connect by mail. You can send ideas, quotes of the week, photos or videos to Secondary Counselor, Mr. Louis Fourie: [1.Fourie\\_wgp@gemsedu.com](mailto:1.Fourie_wgp@gemsedu.com)


## Sunday

### Wellbeing




Register and explore for the Smiling Mind programme

### Workout



25 min beginner workout



### CHALLENGE

#### Mindful Coloring



A Simple & Fun Way to Reduce the Stress in Your Life

[Mindfulness Colouring in](#)

### To Present


## Monday

### Wellbeing




Register on audible for free Audio Books

### Workout



15 min Workout



### CHALLENGE



Be sure to drink enough water (after Iftar if you are fasting)



### Be Healthy


## Tuesday

### Wellbeing




Relieve anxiety with GoNoodle

### Workout




Fitness Blender



### CHALLENGE

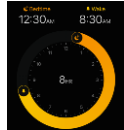

Challenge yourself and learn a new language using duolingo



### Keep Learning


## Wednesday

### Wellbeing




Create and follow a structured sleep cycle. Use the IOS/ Android Sleep cycle app

### Workout




Workout for 2



### CHALLENGE



Share your favorite quote for the next calendar with Mr. Louis



### Be Mindful


## Thursday

### Wellbeing




Listen to the Sound of the World in the Famous Calm application

### Workout




Tai Chi with Jack Mace



### CHALLENGE

Grounding exercise: List five things you can see, smell, hear and feel



### Be Grounded