












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. Please share your photos, cards, drawings or colouring pictures with your school counsellor.
Ms Cabs (Grade 1-4): c.jordaan_wgp@gemsedu.com or Ms Roxanne (KG 1-KG 2): r.wolmarans_wgp@gemsedu.com

Sunday	Monday	Tuesday	Wednesday	Thursday
 <p>Wellbeing</p> <p><u>The Adventures of Mojo Part 3: Growth Mindset for Students</u></p>	 <p>Wellbeing</p> <p>Make an <u>Eid greeting card</u> for your family. Watch this <u>video</u> for some ideas.</p>	 <p>Wellbeing</p> <p><u>Mind Yeti: Slow Breathing Part 1</u></p>	 <p>Wellbeing</p> <p><u>Mindfulness Colouring Activity.</u> Give or send this to someone to say 'thank you'.</p>	 <p>Wellbeing</p> <p><u>Story Time from Space: The Incredible Intergalactic Journey Home</u></p>
 <p>Workout</p> <p><u>Fitbit Family Fun Cardio Workout</u></p>	 <p>Workout</p> <p><u>The Body Coach TV: 5 Minute Kids Workout 3</u></p>	 <p>Workout</p> <p><u>GoNoodle: Can't Stop the Feeling Dance</u></p>	<p>Workout</p> <p><u>Zumba for Kids</u></p> 	<p>Workout</p>  <p><u>Yoga Adventures for Kids</u></p>



Eid Challenge: Acts of Kindness
Have a look at the [May Kindness Calendar](#) and remember to do your Eid acts of kindness.



Weekend challenge: [Build a Home Fort](#)
Build a [fort](#) or [hideout](#) by using blankets, pillows, furniture and decorations. Feel free to send us photos of your fort.

