

St. Patrick's College, Wellbeing Week.
7th - 10th May 2019

Breakfast Club: Herbal Teas - Thursday 9th May

	Monday	Tuesday	Wednesday	Thursday	Friday *
8.50		All 1st, 2nd and 3rd years - Mindful Colouring for 15 minutes 3rd Years - Emotional Literacy Booklet in SPHE 5th Years - Emotional Literacy Booklet for 15 minutes (Group 2)	All 1st, 2nd and 3rd years - Mindful Colouring for 15 minutes; Gratitude Journal; You tube clips.	All 1st, 2nd and 3rd years - Mindful Colouring for 15 minutes	All 1st, 2nd and 3rd years - Mindful Colouring for 15 minutes
9.30					3rd Years - Walk
10.10					5th Years - Emotional Literacy Booklet for 15 minutes (Group 2)
11.05					
11.45				5th Years - Emotional Literacy Booklet for 15 minutes (Group 2)	
12.25		5th Years - Emotional Literacy Booklet for 15 minutes (Group 1)		2nd Years - Walk	
1.35		1A - Compliment Class		1B - Compliment Class	5th Years - Emotional Literacy Booklet for 15 minutes (Group 1)
2.15				5th Years - Emotional Literacy Booklet for 15 minutes (Group 1)	
2.55		5th Years - Chalking Initiative (as Gaeilge)		5th Years - Chalking Initiative (as Gaeilge)	

*On Friday 10th May - Walk in My Shoes - students allowed to wear brightly coloured shoes and socks.

Notes:

TYs have a lot of wellbeing already in place throughout the year.

6th Years are completing a Wellness programme with Lizanne (HSCL)