



St Mary's
Catholic Primary School and Nursery

Building Positive Young Minds – Ready to Learn!

Monday – Sensory Countdown

Why this is useful: If children feel anxious or stressed, this is a good activity to undertake as it allows them to take a moment to breathe, regain focus, and put their minds in an aware and receptive state. Children may wish to memorise this idea to use in other situations. At the start of your home/ remote learning, take them through this exercise. They can either write it or think it.



- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can touch

Tuesday – Gratitude Mind map

Why this is useful: When we are in a difficult situation, it can help if we remember all of the things we are grateful for. The list is endless!

Time the children for 5 minutes to see how many things they can think of to be thankful for. They can be big things like family and friends, right down to tiny things such as 'I'm grateful for my friend's smile.'

They can draw or write feedback at the end.



Wednesday – Paper Creation

Why this is useful: Wellbeing isn't all about being calm. It can also be obtained from a creative activity, in a low pressure situation where there are no right or wrong answers. See you're your teacher has lined up for Wellness Wednesday

This task below gives children the opportunity to construct a model (which could be abstract), just using paper, scissors and tape. Share the creations! We love to see them!



You could even turn the tree into a gratitude tree by adding leaves of gratitude or thanks.

Thursday – Silent Disco

Why this is useful: Expressing yourself through dance and listening to music can be a useful way of reducing stress for some people.



Ask children on Wednesday to choose a piece of music they love to dance to or love to listen to ready for tomorrow. During the day on Thursday, ask them to play it through headphones and dance along to create a silent disco. Ask them how dancing makes them feel. Some children may choose a calm piece of music and not dance, ask them about their music choice and how calming music helps their mood.

Friday – Fitness Friday

Why is it useful? The benefits of regular exercise are plentiful; including increased lung capacity, balance, strength, agility, and coordination as well as heart health and weight control. Taking part in any physical activity, even a quick walk around the block has overall mental and physical health benefits.



Get outside for some exercise or find a skipping rope or a Joe Wicks video to inspire movement!