



HARCOURT TERRACE
EDUCATE TOGETHER
NATIONAL SCHOOL

Wellbeing Wednesday Homework Choice Board Obair Bhaile Follaine



1

Affirmation Creations



Get inspired and motivated this springtime by creating your own packet of Affirmation Cards to add a sprinkle of positivity to your day ☺

2

Springtime Stories



Check out this Epic website to find some of interesting new books:
<https://www.getepic.com/>

3

Spring Snaps



Spring brings new beginnings in nature. Go outside today and take a photo of something nice you spot.
Don't have a camera? Try drawing what you see.

4

Spring Cleaning



Use these cleaning tips to make your spring season feel lighter & brighter:

- Wipe down the kitchen countertops.
- Dust away any cobwebs.
- Sort shoes in neat pairs.
- Fluff the pillows on the beds.
- Refill the toilet paper when its empty.

Play your favorite song and you'll be finished in no time 🎵

5

IT'S PANCAKE SEASON!



With Pancake Tuesday just around the corner. Start trialing your ultimate pancake stack filled with your favorite toppings. Write up your recipe and remember to clean up after!!

6

Breathe & be...



Give this short and simple star breathing exercise and go this spring season:

https://www.youtube.com/watch?v=z-3n5iBi4u0&ab_channel=TheMindfulnessTeacher

7

Learn to Crochet



Let's learn a new skill and crochet your very own flower. Its simple and mindful.. Follow the steps of this video.:

<https://www.youtube.com/watch?v=jDS-7O8eGmE>

8

Krazy Karaoke



Create a Playlist of 10 songs that you and your friends and family can karaoke to .

9
Happy Valentines



Design and write a Valentines card to make someone feel loved this coming Valentines Day.

10
Digital Detox



It's good to switch off!
Disconnect from the online world until tomorrow after school and do absolutely nothing!
JUST CHILL.

11
Mindful Moment



Find a comfortable space in your home. Sit, relax and follow this lovely rainbow meditation.

<https://www.youtube.com/watch?v=IlbBl-BT9c4>

12
Run a Mile & Smile



Run for 1 mile in your garden or local park (with your guardian!)
Smile when you've completed your mile and maybe increase this to two miles the next day.

13
Life Skills – Bed Making Bonanza



Longing for the BEST sleep of your life?

Learn how to make your bed properly with your guardian. Ensure there are no creases or bumps in the sheets!
A neatly made bed will help you drift into the coziest sleep.

14
Learn Together Core Value – Love & Kindness



To celebrate this month's CV, help spread some love and kindness by giving someone a wildflower you find on your travels.

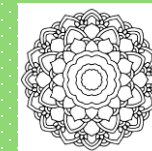
15
Hocaf Pócaí as Gaeilge



Learn, dance and laugh along to the Hokey Pokey in Irish using this online video:

<https://www.youtube.com/watch?v=OXpnIXSQcSA>

16
My Mindful Colouring



Design your own mindful colouring worksheet. Share it with your peers to help them feel calm and peaceful.