Wellbeing Wednesday Choiceboard

Junior Infants - 2nd class Winter

Home Helpers

Sweep the floor



Snow Flake Breathing

Click here



Winter Move Challenge

Build an indoor movement circuit with star jumps, balancing, and animal walks etc.



Winter Cards

Design your own winter cards and send it to a loved one



Gaeilge

Learn these phrases:

- Nollaig shona Duit - Merry christmas
- Táim i ngrá leat - I love you

Life Skills

Zip or button up your jackets for the colder days



Gardening

Forage for a Holly plant

Sensory Wonderland

Create a winter sensory tray using cotton wool (snow), pinecones, blue pom-poms, wooden trees or fences



Dance

Create a dance to your favourite winter song



Organise

Organise your books by size



Xmas Chocolate Wreath

Melt chocolate & mix with cornflakes. Make circle shaped wreaths and decorate with sprinkles



Reading Den

Design a cosy den in your home for reading.



Positive Affirmation Snowflakes

Write some kind words to yourself on a paper snowflake: 'I am kind, I am brave, I'm a good friend'

Explore

Find some evergreen trees which will still have leaves even in winter!



DIY

Create something cool using cotton wool



Hot Chocolate

Make a cup of hot chocolate with your parents



Wellness Wednesday Choiceboard

Senior: 3rd - 6th class Winter

Winter Nature Walk



Explore a local park. Look for seasonal changes, listen to the sounds around you

Home Cinema



Build a home cinema using blankets, cushions or chairs to watch your favourite movie in

Gratitude Jar



write down one thing you are grateful for & put it in your gratitude jar

Yoga



Come up with 8-10 yoga poses and move along to a calming song of your choice

Winter feelings Tree

Decorate a tree with leaves or snowflakes representing different emotions. Notice how you feelings can change during this season. Remember - All feelings are ok!



DIY Milk Carton Lanturns



Create a lantern for the darker evenings using empty milk cartons. Add fairy lights when your done

Chore Challenge



Sweep the floor along to your favourite festive song

Science Challenge



Build the tallest tower using spaghetti and marshmallows

Dance



Make up a dance to your favourite winter song

Xmas Chocolate Wreath



Melt some chocolate & mix with cornflakes. Make circle shaped wreaths and decorate with sprinkles

Frása Gaeilge



- Nollaig shona Duit - Merry christmas
- Tá tú cineálta - You are kind
- Anáil isteach – Breathe in
- Anáil amach – Breathe out

Snowflake Breathing

Click Here!



Dance



Make a warm cup of hot coco

Kindness Winter Cards



Create a festive winter card to send kind messages to a loved one.

Winter Movement Challenge



Create an indoor circuit with star jumps, balancing and animal walks etc.

Short Story



Write your own short story and make it winter themed.