

|                          | <b><u>Monday</u><br/>Physical Wellbeing</b>   | <b><u>Tuesday</u><br/>Emotional Wellbeing</b>  | <b><u>Wednesday</u><br/>Social Wellbeing</b>  | <b><u>Thursday</u><br/>Mental Wellbeing</b>  | <b><u>Friday</u><br/>Spiritual Wellbeing</b>  |
|--------------------------|---|--|---|--|---|
| <b>Week 10</b>           | Complete a body weight exercise circuit to participate in at home. Include your family members/siblings!                                | Have a COVID-19 free day where you do not discuss the virus at all and do not watch any media on the topic | Facetime, call or video call a friend about anything other than COVID-19  | Complete a mindfulness guided meditation. Google the following guided meditation:<br>- Meditation minis by Chel<br>- Smiling Minds | Spend at least 20 minutes outside connecting with nature  |
| <b>Week 11</b>           | Complete 30 mins of incidental activities (activities that last less than 10 minutes and are carried out as part of chores or routines) | Participate in a self-care activity. E.g: Painting, deep breathing, take a bath, have a nap                | Do something for your family members. E.g: cook a meal, tidy part of your house, offer to mow the lawn, get the washing off the line etc... | Learn a new skill<br>- Juggling<br>- Cooking<br>- Knitting<br>- Blogging<br>- Debating   | Perform sujud ash-shukr for all the things that you are grateful for  |
| <b>Term Break Week 1</b> | Participate in a virtual workout for at least 15 minutes<br>- Wii Sports<br>- "P.E. with Joe" on YouTube                                | Write a journal or start keeping a diary or log of your day  | Participate in a challenge and compare your results with a friend   | Complete a log book of your moods over the next week   | Write a weekly list of affirmations e.g: I am capable of making the most out of my situation  |
| <b>Term Break Week 2</b> | Take your pet for a walk or go for a walk   | Watch your favourite show/movie. Write down afterwards how it may you feel                                 | Play a board game with your family members  | Read a book or listen to a podcast.  | Participate in an online meditation session via YouTube   |
| <b>Week 1 Term 2</b>     | Create your own game to play with family members. Be creative with your objects e.g. wrap up some socks and make a ball                 | Write a thank you note about what you are grateful for   | Sit around the dinner table without any distractions and practice making eye contact when speaking with others                              | Complete a puzzle, a Sudoku, a crossword etc..   | Cultivate some plants, create a herb garden for your family or learn about re-growing fruit and vegetables (carrots are a great place to start) |