











Primary School Wellbeing Calendar

Welcome to the first weekly Primary School Wellbeing Calendar. Each week we shall provide you with activities to maintain a healthy mind and body throughout the Remote Learning Period. Click on the links to try the activities. Feel free to share your drawings or colouring pictures with your school counsellor.

Ms Cabs (Grade 1-4): c.jordaan_wgp@gemsedu.com or Ms Roxanne (KG 1-KG 2): r.wolmarans_wgp@gemsedu.com

Sunday	Monday	Tuesday	Wednesday	Thursday
 <p>Wellbeing</p> <p>The Adventures of Mojo: Growth Mindset for students</p>	 <p>Wellbeing</p> <p>Draw a picture of how you are feeling today. Look at these Emojis for ideas</p>	 <p>Wellbeing</p> <p>GoNoodle Calming Meditation: Bring the balloon down</p>	 <p>Wellbeing</p> <p>Crayola: Mindfulness Colouring Activity</p>	 <p>Wellbeing</p> <p>Story Time from Space: If I were an astronaut</p>
 <p>Workout</p> <p>Get Motivated!</p> <p>Wesgreen Gets Fit: Primary Staff</p>	 <p>Workout</p> <p>The Body Coach TV: 5 Minute Kids Workout</p>	 <p>Workout</p> <p>Kids Workout: Beginners</p>	 <p>Workout</p> <p>Little Sports: Kids Daily Exercise</p>	 <p>Workout</p> <p>Yoga for Kids</p>

Weekend challenge: Watch the movie **Inside Out** to learn more about feelings.

[Watch the Trailer here](#)

Now play this game to see if you can identify the feelings!

[Inside Out: Guessing the Feelings](#)

