












# Primary School Wellbeing Calendar

Welcome to the 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. Please share your photos, drawings or colouring pictures with your school counsellor.  
Ms Cabs (Grade 1-4): [c.jordaan\\_wgp@gemsedu.com](mailto:c.jordaan_wgp@gemsedu.com) or Ms Roxanne (KG 1-KG 2): [r.wolmarans\\_wgp@gemsedu.com](mailto:r.wolmarans_wgp@gemsedu.com).

Sunday	Monday	Tuesday	Wednesday	Thursday
 <p><b>Wellbeing</b></p> <p>The Adventures of Mojo Part 5: <a href="#">Growth Mindset for Students.</a></p>	 <p><b>Wellbeing</b></p> <p>Draw yourself as a  <a href="#">superhero</a>. Look at some examples <a href="#">here</a>.</p>	 <p><b>Wellbeing</b></p> <p>Mind Yeti: <a href="#">Kindness - The Kid and the Hat.</a></p>	 <p><b>Wellbeing</b></p> <p>Crayola Mindfulness <a href="#">Colouring Activity.</a></p>	 <p><b>Wellbeing</b></p> <p>Story Time from Space: <a href="#">Max Goes to the Moon.</a></p>
 <p><b>Workout</b></p> <p>Watch Ms. Nicola Quick demonstrate <a href="#">yoga poses</a>. What is your favourite yoga pose?</p>	 <p><b>Workout</b></p> <p>The Body Coach TV Part 5: <a href="#">5 Minute Workout.</a></p>	 <p><b>Workout</b></p> <p>Take part in the <a href="#">Wesgreen Virtual Olympics</a> and score some points for your house!</p>	 <p><b>Workout</b></p> <p><a href="#">Zumba for Kids.</a></p>	 <p><b>Workout</b></p> <p><a href="#">Yoga Adventures for Kids.</a></p>

## Mr. Aaron Denevon's Weekend Wellbeing Challenge

Watch [this video](#) to see what Mr. Denevon does to take care of his wellbeing.  
How do you take care of your wellbeing?  
Send us some pictures!



## Weekend Challenge:

Thank you my teacher!  
Use this [colouring picture](#) to create a thank you picture for your teacher.

