


Secondary School Wellbeing Calendar


Welcome to the first addition of the weekly school wellbeing calendar. Each week we will provide you with some additional activities to maintain a healthy mindset throughout the remote learning period. Click the links to try the activities across the week. [Send your thoughts to the wellbeing calendar padlet.](#)

Sunday


Wellbeing




[Mindfulness and meditation with Kobe Bryant.](#)




Workout



[The Body Project, Starter Workout](#)



CHALLENGE




Draw or Paint a family portrait


To Connect

Monday


Wellbeing




[LeBron James Trains his mind like a muscle, stay mentally active](#)



Workout



[Get Active with the Home Dance Workout](#)



CHALLENGE


Mindful Coloring
A Simple & Fun Way to Reduce the Stress in Your Life

[Have a go at some mindful coloring.](#)


Be Active

Tuesday


Wellbeing




[Sleep stories of Sacred New Zealand, with Jerome Flynn](#)



Workout




[Stretch out with some 5 Parks Yoga](#)



CHALLENGE


[Have a go at learning another language with Duolingo.](#)




Keep Learning

Wednesday


Wellbeing




[Stephen Fry, Reads a tale of French escapism to help you relax.](#)




Workout



[Low Impact Aerobics Workout](#)



CHALLENGE




[Do a program on the smiling minds app](#)


Be Curious

Thursday


Wellbeing




[Listen to the Sound of the World in the Famous Calm application](#)




Workout



[A cool walking Workout](#)



CHALLENGE



Find three things you are grateful for today

Be Grateful

Quote of the week submitted by Mr. Louis: "A man's true wealth is the good he does in the world" – Kahlil Gibran