

Secondary School Wellbeing Calendar

Sunday, May 24, 2020

Welcome to week 3 of the Secondary School Wellbeing Calendar. We would love to hear back from you. Feel free to connect by mail. You can send ideas, quotes of the week, photos or videos to Secondary Counselor, Shiva Otim: s.otim_wgp@gemsedu.com

Sunday

Wellbeing



Intro to meditation with Headspace

Workout

Circuit breaker for the whole family

CHALLENGE

Watch a Happy Eid Greeting

To Present

Monday

Wellbeing



Try a sleep meditation with Smiling Minds

Workout

Pilates with the sounds of Pop

CHALLENGE

Create your own Eid Al Fitr Cards!

Be Healthy

Tuesday

Wellbeing



Dance to Can't stop that feeling!

Workout

Boxercise for beginners

CHALLENGE

Help the person who cooks in the house with a meal

Keep Learning

Wednesday

Wellbeing



Watch the movie Wonder

Workout

Learn the secrets to running



CHALLENGE

Play a game of charades, Uno or another favourite with family

Be Mindful

Thursday

Wellbeing



10 min daily calm

Workout

15min flexibility training

CHALLENGE

Give to the less fortunate

Be Grateful