

**St Maurice’s High School**

**Wellbeing Information**



***Create a Calendar to help manage your time***

It can be difficult to fill your time when not at school. Usually, you have a timetable which is given to you and you follow it. However, see the good in this opportunity. This is your chance to shape your own day – take charge of your own timetable.

Use the guidelines below to create yourself a calendar of 1 thing to do each day to look after your Health & Wellbeing.

1. Use the coloured grid below to complete a calendar to help manage your time.
2. Try to include a mix of colours – this will ensure you contribute to all aspects of your Health & Wellbeing (the calendar should not be missing a colour or be too heavy on one colour).
3. Feel free to “get creative” and venture from the prescribed grid by adding your own tasks/activities in.
4. You can use the same task more than once if you want.

***St Maurice’s High School The Health & Wellbeing Calendar Plan*** 

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Week 4** |  |  |  |  |  |  |  |
| **Week 5** |  |  |  |  |  |  |  |
| **Week 6** |  |  |  |  |  |  |  |
| **Week 7** |  |  |  |  |  |  |  |

*********St Maurice’s High School Create a Calendar to help manage your time***

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| **Aspect of your Health & Wellbeing** |
| **Mental** | **Emotional** | **Physical** | **Social** |
| Do a dot-to-dot | Listen to a podcast | Go a walk | Text a friend |
| Do a wordsearch | Listen to some relaxing music | Go a run | Call a friend |
| Colour in a picture | Plan your day | Do an online fitness video | Text a family member |
| Do some Yoga | Set some goals | Do a home work out of your choice | Call a family member |
| Do some meditation | Make a to-do list | Do some weights | Facetime a friend |
| Learn about Growth Mindset | Make a list of your feelings and share them with someone | Do some Yoga | Facetime a family member |
| Complete a resilience task |  | Do some stretching | Do a ZOOM meeting with friends or family |
|  |  | Get a good night sleep | Play an online game with a friend |
|  |  | Make a nice meal | Play an online game with a family member |