



Gardenrose Primary Health and Well-being Week – Monday 8th to Friday 12th February

We have created a theme for each day and have some special guests videos to promote health and wellbeing at Gardenrose. Our themes are:

Mindset Monday
 Healthy Tuesday
 Well-being Wednesday
 Thoughtful Thursday
 Feel-good Friday

Each day there will be a video for you to watch from our guest of the day (this will be posted on our school Facebook group), a task based on our theme and a family challenge. All the resources you need will be posted by class teachers as normal.

There is also a South Ayrshire 30 day Active Challenge #ActiveSA. This will help you in the Most Steps Challenge so please get involved and get moving.

Remember to send us lots of photos of your HWB week!

Gardenrose Primary Health and Wellbeing Week			
Week beginning: 8.2.21			
	Video Input and Special Guests:	Health and Wellbeing Task	Family Challenge
Mindset Monday 8 th February	Special Guest Video: MAC Mindset Ltd Pupil Input and Parents and Teachers Input	Growth Mindset Challenge Quote poster – Design a growth mindset quote poster and post a photo. Play charades with your family – use your growth mindset to keep guessing!	Family Challenge Most Steps Challenge Throughout the week challenge yourself to move. There will be a prize for infants and upper for pupils with the most steps.
Healthy Tuesday 9 th February	Video: Variety of Healthy Recipe Videos to follow	Healthy Challenge Follow the healthy recipe and post a photo. Write or record a food review on your creation	Family Challenge Wash the dishes after enjoying your healthy snack.
Wellbeing Wednesday 10 th February	Special Guest Video: Courtney Fisher Yoga and Mental Health	Wellbeing Challenge Best Part of Me – Self-esteem Paper Chain Challenge Mirror, Mirror on the Wall	Family Challenge Guided Meditation and play a board game to relax
Thoughtful Thursday 11 th February	Special Guest Video: Bene-Fit Gym	Memories Jar Find a jar and start to fill it with funny or happy memories throughout the week. At the end of the year you can open the jar and look back on these days.	Family Challenge Write a letter to someone that you are grateful for and say thank you!
Feel Good Friday 12 th February	Special Guest Video: Linzi Noble Importance of Mental Health	D I S C O Have a family party, put on your favourite songs and have a dance around the house. You could follow a just dance or try some karaoke videos on You Tube.	Family Challenge Write a shopping list for movie night treats – include something healthy. Organise a family movie night and enjoy a film together!