

## Wellbeing Week 2026

Our school participated in Wellbeing Week again this year and enjoyed lots of fun and relaxing activities. The children and the staff all had a great time and really enjoyed it.

As we know, Wellbeing Week initiatives focus on fostering mental, physical, and emotional health through school-based activities. These activities included making stress balls, mindfulness relaxation, bringing in pillows and blankets for meditation, colouring, Senses Walks and much more.

## Senses Walk

The Amber Flag committee took each of the classes on a Senses Walk throughout the school and grounds. The children loved it



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## Mindfulness, Yoga and Meditation

The children brought in their favourite teddies, blankets and pillows. They were able to meditate and relax with their little comforts.

We also tried some yoga poses and perfected our Tree Pose along with lots of others. We had so much fun.





## Stress Balls

2<sup>nd</sup> class had some help from 5<sup>th</sup> and 6<sup>th</sup> class in making stress balls with balloons and flour. We discussed what kinds of feelings and emotions we can have each and every day and what we can do to help when we are feeling overwhelmed or worried. Things got super messy while we made them but we had so much fun so we didn't mind the clean up.





