

WELLBEING WEEK 2021

BE GRATEFUL

TAKE
NOTICE

CONNECT

GIVE

KEEP
LEARNING

BE ACTIVE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Be Grateful
Photo
Competition
Click [Here](#) to
enter



Reach out to
someone who
may need it

Why not explore
your area with
new eyes?

Today is St. Brigid's
Day. When was the
last time you [made](#)
a cross?

Begin your
Gratitude Journal
for the week
ahead. Watch
Gary Ringrose
talking about what
keeps him going
[here](#)

Don't forget to
keep moving:
One Million Steps

Turn your
camera on and
Wear your
house colour to
class today



Connect with your
house members
today: House
meetings are at
11.

Reconnect with
someone
you've lost
contact with

It's Libermann
Day today. See
the Spiritan
Education Trust
presentation on
your teams page.

Connect with
yourself – take
some time to
do a meditation

Reach Out
With Caring
and Kindness
today.
Complete one
act of kindness
for someone in
your house.

Send a
postcard to
someone and
let them know
you're thinking
of them. Use
the template in
your teams
page.



Why not use
the half-day to
clear out your
closet? Donate
anything you
no longer use
to charity.

Check out cookery
demonstrations
with Ms. Skehan
on your teams
page.

Take some time
and learn how to
say your name in
sign language
[here](#). And [here](#)
are some
common phrases

Check out the Dun
Laoghaire online
library [here](#).

Discover things
you never knew
about your back
garden [here](#)



Tune into the
Past VS
Present Pupils
Debate at
19:30 [here](#)

Have we
reached the
Million Step
Mark yet? Don't
forget to upload
your steps [here!](#)

Let's keep active
today. [Here's](#) a
HIIT workout to
get started.

It's time to DEAR.
Pick up a good
book at the end of
P8



Cyber Break Day
has begun. Enjoy
the break from
Social Media.
Make sure to tune
into the Leman
Concert tomorrow!



BLACKROCK COLLEGE
WELLBEING