



Croesyceiliog School

WELLBEING WEEK 22ND-26TH JUNE

For this week only, no new work will be set by any of your subject teachers! In addition to catching up on any work that you would like to finish, Croesyceiliog School is setting some Wellbeing Activities for you to get involved in. How many of these can you complete in a week? We have also attached some advice each day to support your return to school.

- For each challenge, you might like to write a quick note explaining what you did and/or take pictures evidencing that you have completed it.
- Keep in Mind... You should provide some sort of evidence to prove you have completed each task; tagging @croesyschool #croesywellbeingweek in any pictures, videos on Twitter or upload pictures to google classroom. Please remember to ask the permission of anyone else who might be in the photo because we might like to display them during or after Wellbeing Week. Before completing each task, you will need to get permission from a parent/carer. You can work together with people at home to help you complete the challenge but you should be involved in each task; For each task, you will need to plan so you are ready and demonstrate respect and responsibility especially towards other people. Remember to stay at home and stay safe as you complete the activities.
- Remember! These challenges are an opportunity to reflect and prepare and are based purely on having fun and being mindful of your wellbeing!

TOP TIPS !

- ✓ Plan out when you are going to complete each task
- ✓ Think about what resources you could use before you start a task
- ✓ Talk to your friends/family for advice/ideas