

Children's Mental Health Awareness Week at Copdock- wb 07.02.22

Woodpeckers Growing Together

Monday	Tuesday	Wednesday	Thursday	Friday
8:40- Whole school physical activity on playground	Go Noodle- Breathing activity.	8:40- Whole school physical activity on playground	Moshi- Breathing activity- Smell the flower and blow out the candle.	8:40- Whole school physical activity on playground
Wellbeing morning slide.	Mindfulness activity- Pencil wander.	Wellbeing morning slide.	I am, I have, I can activity.	Wellbeing morning slide.
Support balloons activity.	Growth Story- Andy Lewis MBE- Paralympian, link to PSHE Diversity.			Step by Step activity.
Swimming/ PE	Class Read	Meditation- Shark Fin activity.	Class Read	Mindfulness activity- Breathing colours.