

Ideas for Wellbeing Week.

The mental health and wellbeing of our students, staff and families is of great importance at St Rose.

Wellbeing Week is a time that your child can have a break from their usual homework routine and spend some quality time with their family and friends. Here are some ideas of some activities you and your child could do during Wellbeing Week.

- 😊 Organise a play date with a friend.
- 😊 Go to a park with your family for the afternoon.
- 😊 Play a board game or card game with your family.
- 😊 Have a special dinner (go out to a restaurant or get take away.)
- 😊 Go for a walk/bike ride/scooter ride.
- 😊 Have a milkshake or a special treat after school.
- 😊 Have a movie afternoon/night.
- 😊 Play a game of soccer/ football/tennis/netball etc with your family.
- 😊 Cook or bake a meal together.

Enjoy your Wellbeing Week! 😊

