

# Kick Off The School Year

## 4 weeks of wellbeing

### Monday

January 30

NSW public schools have a pupil free day today. To prepare for tomorrow, lay out your clothes, pack your lunch & get an earlier night.

### Tuesday

January 31

First day back for many. With your clothes sorted and lunch packed, start the day thinking about what you are most looking forward to today.

### Wednesday

February 1

Middle of the week already! Screen time is fun, but try to switch off an hour before sleep tonight. You will feel more rested tomorrow.

### Thursday

February 2

The first week back is nearly done. Tell someone about the best part of your week so far.

### Friday

February 3

Woo hoo! You made it to the end of the week! Unpack your schoolbag and lunchbox and then wind down with a bubble bath!

### Saturday

February 4

No School Saturday's are for siestas! Today enjoy a sleep-in, or a little afternoon nap to help you recharge after a busy week.

### Sunday

February 5

Sunday already? That means tomorrow is school again. Make sure you have clean clothes for school tomorrow, and remember to pack your lunchbox.

February 6

How was your day? Make a list of people you can talk to if you are upset, worried or sad at school. Keep this list in your pencil case.

February 7

Got any homework? Get your homework done and then write or draw something that makes you happy in the inside cover of your homework book.

February 8

Wacky Wednesday is all about releasing tension - spend 10 minutes actively pretending to be a long necked chicken.

February 9

Think of something that you didn't think you could do last week. Find someone to help you do this today. You can do it!

February 10

Fri-yay! Unpack your schoolbag and lunchbox and then wind down with some music.

February 11

Siesta Saturday! Today enjoy a sleep-in, or a little afternoon nap to help you recharge after a busy week.

February 12

Sunday already? That means tomorrow is school again. Make sure you have clean clothes for school tomorrow, and remember to pack your lunchbox.

February 13

Two weeks over already. What is your favourite part of school this year?

February 14

Valentines' Day. Write a note to thank someone who helped you today.

February 15

What do you like least about school? Talk to someone about why you don't like this!

February 16

At school, what are you good at? School work, being a friend, keeping things tidy...?

February 17

Oh My Goodness! The weeks are flying by. Unpack your schoolbag and lunchbox and then wind down with a snack and an exciting book.

February 18

Siesta Saturday! Today enjoy a sleep-in, or a little afternoon nap to help you recharge after a busy week.

February 19

Sunday already? That means tomorrow is school again. Make sure you have clean clothes for school tomorrow, and remember to pack your lunchbox.

February 20

It's Magic Monday - if you had magic powers, what would you do to change your school?

February 21

How is your body feeling? How about trying out some yoga or meditation today: <https://www.youtube.com/watch?v=X-655B4ISakg>

February 22

Every day is full of a lot of activities at school. What was one thing you did today that made you smile?

February 23

Did you know that in some places Thursday used to be known as Thors-Day. What do you think Thor liked about school when he was a kid?

February 24

Give yourself a high five - it's Friday! Unpack your schoolbag and lunchbox. Think about the good things you've done at school over the past 4 weeks.

February 25

Siesta Saturday! Today enjoy a sleep-in, or a little afternoon nap to help you recharge after a busy week.

February 26

Congratulations, you made it to the end! What did you like doing over the past 4 weeks? What helped and what didn't?