

Junior Infants-2nd Class ideas for Wellness Wednesday 17th June

<p>Make a glitter Jar to help to calm down. First, get a clear jar and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.</p>	<p>Go for a relaxing walk. Take note of what you hear, see, touch and smell. Also, try to notice as many birds, bugs, creepy-crawlies, and any other animals as you can. Anything that walks, crawls, swims, or flies is of interest, and you will need to focus all of your senses</p>	<p>Pretend you're blowing bubbles by deep breathing in and then blowing out. You could do this while lying on the grass on a blanket if the day is nice. Look at the clouds, what shapes or objects can you imagine they are.</p>	<p>Go outside and blow real bubbles and watch them float away. Look at the colours of the bubbles and the gentle floating shapes. Make sure you are taking deep breaths in and slowly blowing out.</p>
<p>Texture Bag- Adults put various different objects in a bag. Let your child put their hand in and feel objects and describe them as they touch them. (use various textures)</p>	<p>Blindfold Taste Test. Cover your eyes with a blindfold. With an adult, taste a food, possibly one that you haven't tried before. Eat it slowly and describe what it tastes like.</p>	<p>Make a gratitude jar. Each day write out one thing you are grateful for and put it into the jar. It can be nice to look back at this after a little while.</p>	<p>Put on some music/ songs and dance to it or just relax and do some breathing.</p>
<p>Write a happiness journal/ sentences (Attached)</p>	<p>Time for a brain break cards (Attached)</p>	<p>Play with balloons. The aim of this game is to keep the balloon off the ground, but move slowly and gently. You can pretend the balloon is very fragile if that helps.</p>	<p>Draw a picture of the things that make you happy or do some colouring</p>