

Woodlem Wellness Programme

As we navigate these uncharted waters together, we found some great exercises you can do with your students to stay afloat. From simple breathing exercises to dinner table topics, you can try any of these activities before breakfast, between subjects, or after classes. You may focus on one or try a bunch throughout the day! It is some of the simpler things we do that ground us the most. We have organized these exercises into two groups for simplicity, **KG to GR 2** and **3rd–10th grade**.

In addition to these at-home exercises, we have student check-in sessions (found below) for those looking to connect one-on-one. Also, from Sunday 10thMay, through the rest of the school year, we will be providing virtual **group sessions** from 9:30–10:00 a.m. on Sunday, Tuesday, and Thursday. This will allow your student to end the day on a more centered note. You can check out the **chart below** for more information.

Feel free to call or e-mail Ms.Chathuni for any clarification. 056-4118114
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Morning sessions ***From 10th, May 2020***

<i>Attentive Sunday</i>	<i>What's up Tuesday</i>	<i>Springy Thursday</i>
9.30-10.00 a.m.	9.30-10.00 a.m.	9.30-10.00a.m.
<i>We will begin each class with a breathing exercise followed by a guided contemplation practice For all ages.</i>	<i>Informal discussion/writing groups for students who are interested in discussing feelings that are coming up and tools to help navigate them. For all ages.</i>	“ME AND MY STYLE” <i>My mind asks to read My mind asks to speak My mind asks to draw My mind asks to craft My mind asks to make others happy. I AM AWESOME!!! Let's share our talents with our friends.</i>