

Move it Monday!

Time in our outdoor play
-trail areas to discover,
observe & connect.



Strabane Controlled P.S. Health & Well Being Week 2021

This week your child will engage in a range of daily themed Mental Health & Well Being activities, focusing on the theme of 'Nature'. We encourage you to discuss & explore these concepts at home

Plant it Tuesday!

Wild Flower 'Seed Bomb-
ing' in association with
'New Horizons' Partner-
ship.



Workout Wednesday!

Fun, physical activities
led by Robbie our parent
volunteer & qualified
coach.



Feel Good Friday



Picnic Lunches in the Sun!

(weather permitting)

Take 5 Thursday!

Opportunities through
'The Arts' to connect &
take notice.

Take5 steps to improve
your Emotional Wellbeing



Take5

Making life better,
together

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