




EYFS Wellbeing Week Timetable

	1	2	Break	3 MHWB	4 Express Yourself	Main Message
Monday	Launch MHWB Week Collective worship	Ten:Ten PSHE God's Love		Screen Free Baking, colouring, Favourite stories, science	Get arty: how will you express yourself?	Screen free helps your wellbeing.
Tuesday	Wellbeing story: Odd Dog Out	Literacy and Numeracy linked to odd dog out		Dog activities: Decorate a dachshund	Get arty: how will you express yourself? Nature Craft- using nature what can you make?	It's ok to be different.
Wednesday	Wellbeing: Ruby's Worry	Literacy Numeracy linked to Ruby's Worry		Watch Silly Billy story from ABC Does a story - Silly Billy by Anthony Browne Make a worry doll	Get arty: how will you express yourself? Crafting 	How to get rid of your worries
Thursday	The Koala who could	Literacy Numeracy linked to the story		PE challenges	Mindfulness colouring Growth Mindset	Being resilient: keep on trying
Friday	After the Fall	Literacy Numeracy linked to the story		Music and Dance fun	Get arty: how will you express yourself? MUSIC	Being resilient: keep on trying

