

15th April

**St. Joseph's  
Fairview**

#mentalhealth

# Mental Health Week

JUST SOME OF OUR AMAZING ACTIVITIES

## Mindfulness Monday

Music Monday on yard  
(and every yard this week!)  
Guided class mindfulness meditations



## Think about it Tuesday

Poster competition  
mindful walks around our local  
area

## Wiggle Wednesday

Moving games and dancing



## Tune in Thursday

Drop everything and colour  
inside out Day!

## Feeling good Friday

Team games and the hearts of  
gold awards for students



[www.stjosephsps.ie](http://www.stjosephsps.ie)