

Morda Sleep and Well-being Week 2022

		Morning	Afternoon		
Monday 14 th	Diary time	BEAM MS Teams Sessions KS1 9-9.30am Intro Beam / Coping Techniques		Sophie Johnson BeeU/EMHT	
		BEAM MS Teams Sessions KS2 9.30-10am Intro Beam / Coping Techniques		Bluebells Class Have you filled your Bucket today? 1.15- 1.45pm	Daffodils Class Have you filled your Bucket today? 1.45-2.15pm
Tuesday 15 th	Diary Time	BEAM MS Teams Sessions KS1 9-9.30am Sleepy Heads	Whole school assembly With Anita and Gaynor From Young Carers 10.30am	Dance in Mind With Chloe Yeomans Bluebells 1.15pm	
		BEAM MS Teams Sessions KS2 9.30-10am Sleepy Heads		Dance in Mind with Chloe Yeomans Daffodils 2.15pm	
Wed 16 th	Diary Time	BEAM MS Teams Sessions KS1 9-9.30am Five Ways to Wellbeing		Meditation and Mindfulness with Renee Lee	
		BEAM MS Teams Sessions KS2 9.30-10am Five Ways to Wellbeing		Bluebells 1.15pm Daffodils 1.45pm Roses 2.15pm Shamrocks 2.45pm In school hall-PE kits needed	
Thursday 17 th	Diary Time	Pyjama Day Please bring £1 For Hope House		Bedtime Stories with Siobhan Oswestry Library Daffodils 1.15pm	Bedtime Stories with Siobhan Oswestry Library Bluebells 1.45pm
		BEAM MS Teams Sessions KS1 9-9.30am Understanding Emotions		Dance in Mind With Chloe Yeomans Roses 1.15pm	Dance in Mind With Chloe Yeomans Shamrocks 2.15pm
		BEAM MS Teams Sessions KS2 9.30-10am Understanding Emotions			