



Kilbeg National School

Wellbeing Week 2020

From Monday 25th to Friday 29th May, we are resting the school books to celebrate 'Wellbeing Week'. During the week, we invite our pupils and families to join us in learning about the importance of wellness. We will explore the different aspects that contribute to and can improve our wellbeing and we hope you enjoy and have fun with the daily tasks, challenges and activities along the way!

Wellness is not just for this week, it's important to mind ourselves every single day 😊

Please check our website and Facebook page each day to explore and engage in our daily theme.

Mindful Monday

Thankful Tuesday

Wellness Wednesday

Thoughtful Thursday

Feel Good Friday

