



Time to Relax!

It's been a busy week for many of us but the weekend is nearly here.

So today we are going to take some time to relax and practice some gratitude and we're going to do this with our hands!

Múinteoir Clíona explained why it is important to take some time out every now and again and relax. Múinteoir Clíona says tracing the outline of her hand helps her relax so let's try doing that. Maybe you can ask your parents or guardians to join you! Everyone needs a moment to relax when they can.





Time to Relax!

- 01** Hold up your hand in front of you, like you are going to high five someone and stretch out your fingers!
- 02** Now using your finger on your other hand, trace the outline of your hand, making sure to trace all your fingers too.
- 03** Clear your mind so that you are only thinking about exactly what you are doing.
- 04** Start with your thumb and slowly trace around it. Breathe in as you trace one side of your thumb, and then breathe out when you trace the other side.
- 05** Do the same with all four of your fingers. Breathe in and trace up one side of your finger, go around the top of it and breathe out when you trace the other side.

Try this a few times until you are nice and relaxed!





Practice Some Gratitude

Now that you are relaxed, let's practice some gratitude. Any time we feel sad, we can try to think of things that we are lucky to have. So let's draw what are grateful for so we can see them. You can start each day by thinking of something you are thankful for.

Monday



Tuesday



Wednesday



Thursday



Friday





A Gratitude Jar

Gratitude jars are a fun and colourful way to practice gratitude and say thanks!

You will need: A clear jar, art supplies to decorate it and pieces of paper to write your thanks on.

Write 3 things you are grateful for each day on a piece paper and place it in the jar. Maybe you have a pet you are thankful as they make you laugh! Try it before bedtime!

Here are some tips to get you started:

Today was fun because...

I am thankful for...

My friends are great because...

Today I laughed because...



Riddle

Let's see if you solve our riddle!

This is something with a palm... Although it is not a tree...
It's something with five nails... And it's part of your body

Riddle Answer: your hand!