

Enrichment rotation: Wellbeing

Enrichment aim: This session aims to equip students with the basics of mindfulness and wellbeing. Each session will start with mindful breathing exercises. Students have access to a wellbeing booklet that is there to support their ongoing use of mindfulness and wellbeing techniques in their everyday lives. Students to complete a wellbeing journal at the end of every session.

	Week overview	Session 1	Session 2	Session 3
Week 1	Wellbeing	What is wellbeing?	Mindful Colouring/poster	Mindful walk/Mindful Yoga
Week 2	Wellbeing	Meditation	Games (board or group)	Mindful walk/Mindful Yoga
Week 3	Wellbeing	Listen to an Audiobook	Listen to an Audiobook	Listen to an Audiobook
Week 4	Wellbeing	Games (board or group)	Mindful colouring/poster	Mindful walk/Mindful Yoga
Week 5	Wellbeing	Mindful Colouring/poster	Meditation	Mindful walk/Mindful Yoga
Week 6	Wellbeing	Listen to an Audiobook	Listen to an Audiobook	Listen to an Audiobook

*Some sessions may be interchanged based on student needs or weather