

	Time	Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
	All Day Activity	School Spin (Library)				
P1	08.50-09:30			WHOLE SCHOOL MEDITATION (All Classes)		1N Zeeko
P2	09:30-10:10		Senior Yoga			1N Zeeko
P3	10:10-10:50		Junior Yoga			1R Zeeko
	10:50-11:05	Break Healthy Snacks		Break Healthy Snacks	Break Healthy Snacks	Break Healthy Snacks
P4	11:05-11:45		Jigsaw – Senior Workshop		4A Shout Out Workshop	1R Zeeko
P5	11:45-12:25		Jigsaw – Junior Workshop		4A Shout Out Workshop (til 12:05) (from 12:05) 4B Shout Out Workshop	1T Zeeko
P6	12:25-13:05				4B Shout Out Workshop	1T Zeeko
	13:05-13:40	Lunch			Lunch	
P.C.	13.40-13.50	1 st Year Random Acts of Kindness (Run by Student Council)	Senior Anxiety Workshop 5th			Junior Anxiety Workshop 2 nd TY Weighted Walk
P7	13.50-14.30		Senior Anxiety Workshop 5th		1 st Year K2 Alpacas	Junior Anxiety Workshop 2 nd TY Weighted Walk
P8	14.30-15.10		Senior Anxiety Workshop 5th		1 st Year K2 Alpacas	Junior Anxiety Workshop 2 nd TY Weighted Walk
P9	15.10-15.50	Drop Everything and Read (all classes)	Senior Anxiety Workshop 5th		1 st Year K2 Alpacas	Junior Anxiety Workshop 2 nd TY Weighted Walk