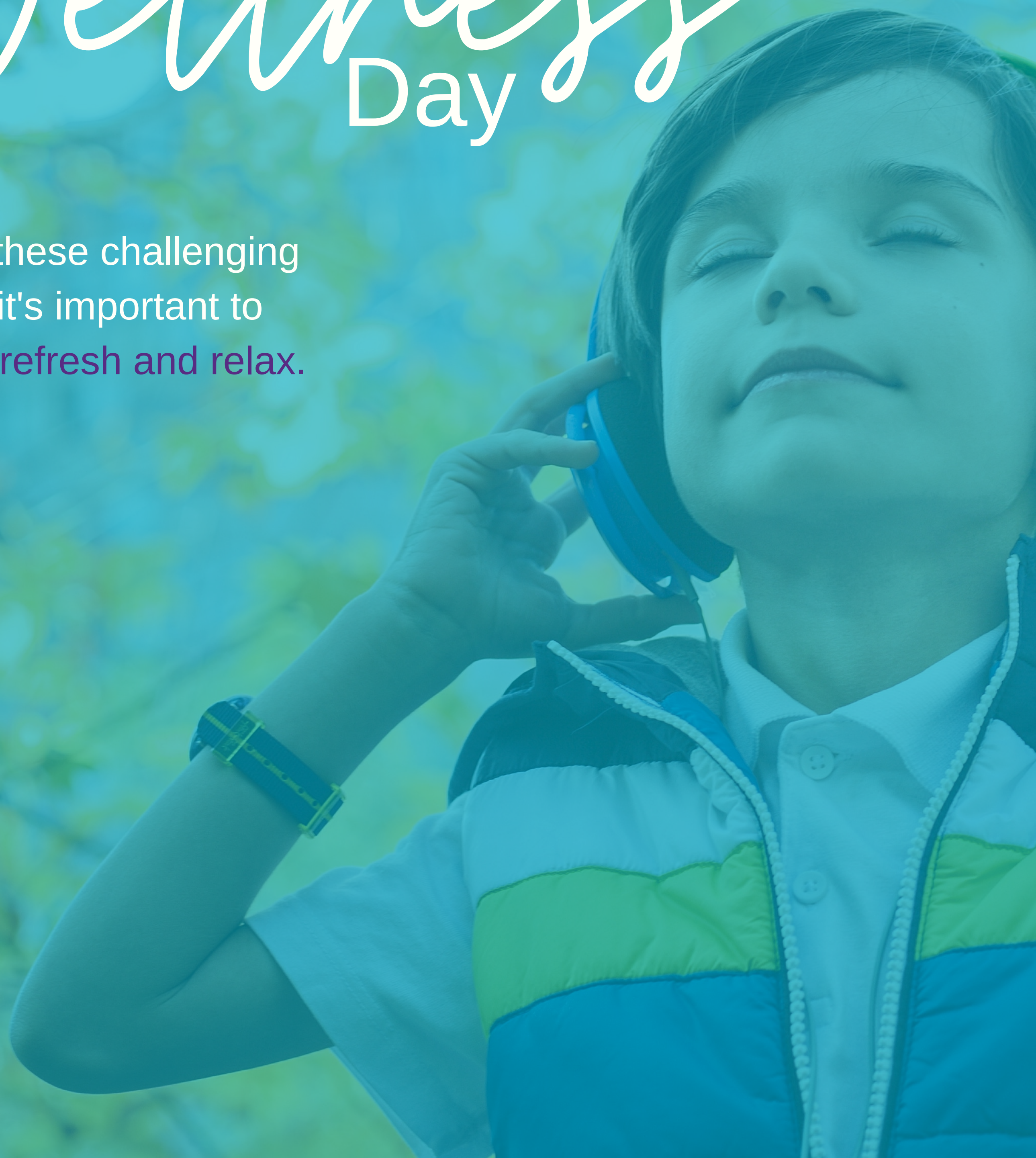




INTERNATIONAL
GRAMMAR SCHOOL

IGS Wellness Day

During these challenging
times it's important to
unplug, refresh and relax.



Friday 6 August

IGS Wellness Day

Primary School

IGS encourages students to unplug, refresh and relax by taking part in the Wellness Day. Choose from the activities below to guide your day as you strengthen your physical, mental, emotional, spiritual and social wellbeing. Be ready to share what you did with your class on Zoom next week.



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|---|--|--|---|---|
| <p>Fill in the heart on the next page for Thankful Thursday with your chosen language.</p> <p>●</p> | <p>Connect to Country by Colouring in this NAIDOC poster, go for a local bush walk or participate in a Ngaanyatjarra Meditation</p> <p>●</p> | <p>Kids Cosmic Yoga</p> <p>●</p> | <p>Complete five acts of kindness</p> <p>●</p> | <p>Draw or paint something that makes you happy</p> <p>●</p> |
| <p>Dance to your favourite song</p> <p>●</p> | <p>Go for a walking meditation</p> <p>●</p> | <p>Play a musical instrument</p> <p>●</p> | <p>Sleep in</p> <p>●</p> | <p>Cuddle your pet or a soft toy</p> <p>●</p> |
| <p>Make your family breakfast or lunch (possibly inspired by the language you study at IGS).</p> <p>●</p> | <p>Help around the house</p> <p>●</p> | <p>Watch your favourite movie</p> <p>●</p> | <p>Participate in the 1000-Point Challenge</p> <p>●</p> | <p>Have a Zoom-free day</p> <p>●</p> |
| <p>Read your favourite book and participate in the Principals Reading Challenge</p> <p>●</p> | <p>Use a roll of kitchen foil to create a freestanding three-dimensional sculpture of your favourite animal</p> <p>●</p> | <p>Sit it front of a mirror and draw a detailed self-portrait without looking at the page</p> <p>●</p> | <p>Draw or paint an idyllic landscape of a place you'd like to travel to</p> <p>●</p> | <p>Head into your garden and collect a variety of leaves, small branches or flowers. Use these as reference for a still life artwork</p> <p>●</p> |
| <p>Take part in the IGS Race to Support Australia</p> <p>●</p> | <p>Enjoy the IPSHA NSW Branch Virtual Art Show The guest password is: IPSHAart2021</p> <p>●</p> | <p>Make some music! See examples of fun ideas here</p> <p>●</p> | <p>Write a story. Use ideas from your favourite stories or the things around you. You could also try to illustrate it.</p> <p>●</p> | |

What are you thankful for today?

Draw or write something you are thankful for in the heart below.



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