



INTERNATIONAL
GRAMMAR SCHOOL

IGS
Wellness
Day

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

Friday 6 August

IGS Wellness Day

High School

IGS encourages students to unplug, relax and renew by taking part in the Wellness Day. Use the activities below to guide your day as you strengthen your physical, mental, emotional, spiritual and social wellbeing. Share a photo, video or piece of writing that best describes what you did for the day with your tutor group next week.



<p>Fill in the <u>heart</u> for Thankful Thursday using your chosen language</p> 	<p>Connect to Country by Colouring in this <u>NAIDOC poster</u>, go for a local bush walk or participate in a <u>Ngaanyatjarra Meditation</u></p> 	<p>10 minutes of yoga</p> 	<p>Act of kindness</p> 	<p>Draw or paint something that makes you happy</p> 
<p>Enjoy the <u>IPSHA NSW Branch Virtual Art Show</u> The guest password is: IPSHAart2021</p> 	<p>Go for a <u>walking meditation</u></p> 	<p>Use this day to catch up on assignments and learning</p> 	<p>Sleep in</p> 	<p>Take an afternoon nap</p> 
<p>Make your family breakfast or lunch</p> 	<p>Ask your family how you can help around the house</p> 	<p>Take a study break</p> 	<p>Cook your favourite meal</p> 	<p>Have a Zoom-free day</p> 
<p>Read your favourite book</p> 	<p>Write a letter to a friend or family member</p> 	<p>Write a poem, song or start a "lockdown journal"</p> 	<p>Sit in front of a mirror and draw a detailed self-portrait without looking at the page</p> 	<p>Draw or paint an idyllic landscape of a place you would like to go to</p> 
<p>Participate in the <u>1000-Point Challenge</u></p> 	<p>Take part in the <u>IGS Race to Support Australia</u></p> 	<p>Use the day to catch up with assignments, assessments or class work</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><u>Make some Music!</u></p>