

# 5 WAYS TO WELLBEING - PRIMARY RESOURCES



<b>MONDAY</b>	<b>Introduction</b>	Intro video (1 min):	<a href="https://www.youtube.com/watch?v=yF7Ou43Vj6c">https://www.youtube.com/watch?v=yF7Ou43Vj6c</a>
	<b>Noticing</b>	Mindful body scan video (5 min)	<a href="https://www.youtube.com/watch?v=xLoK5rOI8Qk&amp;t=15s">https://www.youtube.com/watch?v=xLoK5rOI8Qk&amp;t=15s</a>
		Relaxing music/video:	<a href="https://www.youtube.com/watch?v=dnBAU8Co6PA">https://www.youtube.com/watch?v=dnBAU8Co6PA</a>
<b>TUESDAY</b>	<b>Connecting</b>	Connecting video (1 min)	<a href="https://www.youtube.com/watch?v=-7nZR2uiCu0">https://www.youtube.com/watch?v=-7nZR2uiCu0</a>
<b>WEDNESDAY</b>	<b>Keep Learning</b>	Neuroplasticity video (3 min)	<a href="https://www.youtube.com/watch?v=jOpNIIBJQ1E">https://www.youtube.com/watch?v=jOpNIIBJQ1E</a>
<b>THURSDAY</b>	<b>Be Active</b>	Workout video (5 min)	<a href="https://youtu.be/a-27wUBnS-Y?si=z9I5BFbN6GZ-J6_6">https://youtu.be/a-27wUBnS-Y?si=z9I5BFbN6GZ-J6_6</a>
		Yoga practice video (4 min)	<a href="https://www.youtube.com/watch?v=5XCQfYsFa3Q">https://www.youtube.com/watch?v=5XCQfYsFa3Q</a>
<b>FRIDAY</b>	<b>Giving</b>	Discuss activities	