

Easter Wellbeing Challenge

HFCS Wellbeing
Newsletter
Presents...

WATCH Mr. Ryan show you how to change your mindset to regain control and reduce stress.
<https://tinyurl.com/s39rto6>

DRAW Corona Quashers with Mr. McKeown.
<https://tinyurl.com/rg4xc5u>

EXPERIMENT with the science of sound on Chrome Music Lab.
<https://tinyurl.com/zkul8vd>

ENJOY a virtual Field Trip from Wide Open Schools.
<https://tinyurl.com/r9om543>

Get the YOGA app Down Dog for FREE until July.
<https://tinyurl.com/u52xk7u>

LEARN to be cope with worry.
<https://tinyurl.com/vu2a3rn>

CONNECT using ideas from Dublin's Science Gallery.
<https://tinyurl.com/slnnthh>

Get daily EXERCISE with #PEwithJoe YouTube
<https://tinyurl.com/vjhxmqb>

LISTEN to Brené Brown's new podcast Unlocking Us.
<https://tinyurl.com/wjvw9gj>

CHALLENGE yourself with fun #StayHome tasks from Task Master
<https://tinyurl.com/vc5re7u>

LISTEN to hundreds of books for FREE on Audible.
<https://tinyurl.com/yx5bztcz>

COOK for your family with help from Jamie Oliver
<https://tinyurl.com/qpjvc49>

MEDITATE with the FREE Smiling Mind app.
<https://tinyurl.com/y6wd56hs>

CREATE meals with whatever's in your kitchen with Supercook Recipe by Ingredient.
<https://tinyurl.com/rhp2b84>

If You Need Help?

HELP?

Childline: 1800 666 666
Pieta House: 1800 247 247
Samaritans 116 123
Text SPUNOUT to 086 1800 280