



# Mindful May 2023

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May 2<sup>nd</sup> – 19th



May 15<sup>th</sup> – 19<sup>th</sup>

## Soul Week

Lunch time activities	Ongoing events
Music with Ms. Cronin & Ms. Power	Joke of the Day – Drop your jokes to Mr. Murray everyday
Remembrance Candles – Upstairs – Tuesday 16 <sup>th</sup> @ lunchtime	Random acts of kindness – Surprise someone during the week

### Weekly Competition – Poster Competition

#### Theme - What does it mean to have soul?

They say laughter is good for the soul, you can eat soul food and listen to soul music. Some people are said to have an old soul but what does it mean to you?

Drop your completed poster into the box at Tina's office before 3.35 on Thursday 18<sup>th</sup>. Winners will be announced on Friday 19<sup>th</sup>

May 15<sup>th</sup> – 19<sup>th</sup>

Soul Week

**Weekly Competition**

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Send your funniest jokes to Mr. Murray everyday this week and yours could be read out on the intercom

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May 15<sup>th</sup> – 19<sup>th</sup>

Soul Week



May 15<sup>th</sup> – 19<sup>th</sup>

Soul Week



## **Make someone's day**

Give them a compliment

Help them with their work,  
their books, their bag

Even a smile passing  
someone in the corridor  
could lift their mood.

**MUSIC**

**IS GOOD FOR**

**YOUR SOUL SO**

**ROCK ON!**

**May 15<sup>th</sup> – 19<sup>th</sup> Soul week**

Lunchtime music will be supplied by Ms.Cronin and Ms.Power outside the PE hall. (weather permitting)



# Remembrance candles

Tuesday May 16<sup>th</sup>

Upstairs @ lunch time

Light a candle for a loved one