

HOLY FAITH
Secondary School Clontarf

LET'S DE-STRESS AND RECHARGE

WELLNESS DAY

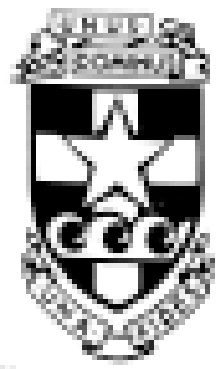
Tuesday 16th March 2021

1ST YEAR ACTIVITIES

- 8.45-10.00 Bake Along with Ms. Molloy
- 10.05 Quiz with Mr. Fitzgerald
- 11.00 Meditation & Stretching with Ms. O'Leary
- 11.40 Fitness with Ms. Crowley
- 12.20 Creative Crafting: St. Patrick's Day theme

What will you need?

- Bake Along: Ingredients weighed and equipment
- Quiz: A device
- Meditation: PE Gear and mat/ cushion
- Fitness: PE Gear
- Crafting: Your favourite art supplies



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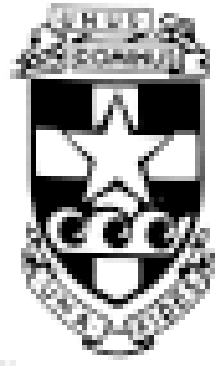
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2ND YEAR ACTIVITIES

- 8.45 Taskmaster Treasure Hunt with Ms. O'Donnell, Ms. Nolan, Ms. Ryan and Ms. Cusack
- 9.25 Bake Along with Ms. Morris
- 11.00 Movie Poster Design with Ms. McGuill
- 11.40 Yoga with Ms. Mahon
- 12.29 Mindfulness & Meditation with Ms. Peppard

What will you need?

- Taskmaster: A device
- Bake Along: Ingredients weighed and equipment
- Movie Poster: A device, a canva.com account, name of your favourite film
- Yoga/Meditation: PE Gear and mat/ cushion



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3RD YEAR ACTIVITIES

- 8.45 Find the Blue Prints - Save the World!
(Science Escape Room)with Ms Carragher
- 9.25 Quiz with Mr. Ryan
- 10.05 Poetry & Music with Ms. Drumm
- 11.00 Yoga with Ms. Mahon
- 11.40 Bake Along with Ms. Cusack

What will you need?

- Escape Room: Answer Sheet
- Quiz: A device
- Poetry: Pen and paper
- Yoga: PE Gear & mat/ cushion
- Bake Along: Ingredients weighed and equipment