

# Form Wellbeing Calendar: Paraguay and Mexico

Inspirational Quote:  
Education is the most powerful weapon  
you can use to change the world –  
Nelson Mandela



Week	Monday	Wednesday	Friday
<b>1</b>	Make Ecosia homepage search engine!  Mind/planet	Pet show and tell  Planet/People	Charades  People
<b>2</b>	quiz  mind	Yoga  body	Origami  mind
<b>3</b>	drawing  Mind/place	Tidy up/organisation  place	Dingbats  People/mind
<b>4</b>	Pictionary  People/mind	Meditation  place	Joe Wicks Body
<b>5</b>	Joe Wicks  body	Drawing – out of my window  Mind/place	Thankful letters  spirit
<b>6</b>	Quiz  People/mind	Recycling  planet	Just dance  body