



Coleg Gŵyr Abertawe
Gower College Swansea

Wellbeing Planner

During your college day



Time	Monday	Tuesday	Wednesday	Thursday	Friday
Activities	<u>Velocity Fitness 10 Min Workout</u>	<u>Digital Health Podcast Spotify</u>	<u>Mindfulness Minute Rainforest</u>	<u>GCS Active 10 Min Workout</u>	<u>Mindfulness Minute River Flow</u>
Asylum and Refugee awareness week	<u>The Truth about Asylum</u>	<u>Walk a mile in their shoes</u>	<u>My Asylum story</u>	<u>How to make people feel really welcome</u>	<u>College of Sanctuary</u>
Activities	<u>Yoga for Stress & Anxiety</u>	<u>Mindfulness Minute Snowy Mountains</u>	<u>How to Access TogetherAll</u>	<u>Mark Jones Q&A</u>	<u>5 Tips for Exams</u>

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