

The YoungMinds Wellbeing Calendar 2022



Looking after your wellbeing as you count down to the winter break.

MONDAY

28 Affirmation station

Spread some winter joy to your classmates by writing positive affirmation cards, then having your teacher collect them and pass them around. For example: 'I am loved', 'Anything is possible'.



TUESDAY

29 Snowman says...

Just like the classic game of 'Simon says' but with a wintery twist. Who'll be the last person standing?



WEDNESDAY

30 Three good things

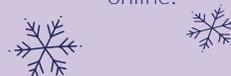
Write down three good things that have happened to you today or this week - keep these with you as a reminder.



THURSDAY

1 Guided meditation

Take time to relax and re-centre with a short guided meditation. There are loads of free videos online!



FRIDAY

2 Positive playlist

Suggest your favourite, feel-good songs and create a positive playlist as a class.



5 Mindful walk

Take a wintery walk outside in silence. What do you hear? What do you see? What do you feel?



6 Dance fever

Learn a TikTok dance as a class - yes, even your teacher!



7 Alternative Christmas card

Write a kind, supportive card that you'd give to someone who might be struggling this festive season - or for someone who doesn't celebrate Christmas. For example, 'you're not alone'. Your teacher can then collect and hand them out.



8 Things in common

Discuss in small groups things that you have in common - except that you go to the same school! Preferably with people you don't usually hang out with.



12 Stretch it out

Have a much-needed stretch and unwind with a yoga session. There are loads of free videos online!



13 Your 2022

A lot has happened this year. Write down your reflections of 2022 and any hopes or goals you might have for 2023.



14 Self-soothe session

Create your own self-soothe box for whenever your feelings are overwhelming. For tips, check out the 'How to make a self-soothe box' blog on our website.

15 What makes you, you

Draw a picture of yourself and, around it, write positive comments and things you like about yourself. Are you kind? Are you smart? Do you have a great talent?



16 Random act of kindness

Do something nice for someone else today. Doesn't it feel great?



For help and advice scan here

