

The YoungMinds Wellbeing Calendar 2023

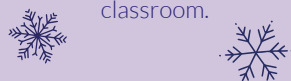
Looking after your wellbeing as you count down to the winter break.



MONDAY

27 Affirmation station

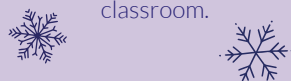
Spread some winter joy by writing positive affirmation cards, then having your teacher collect and pass them around. For example: 'I am worthy', 'I can achieve my dreams.'



TUESDAY

28 Positive paper chain

Each person writes a positive message on a strip of paper. Connect the strips and form a paper chain to display in your classroom.



WEDNESDAY

29 Stretch it out

From head to toe, give each body part a good stretch. Roll your neck, rotate your arms and flex your toes.



THURSDAY

30 Gratitude snowman

Draw three circles on top of each other to create a snowman. In each circle, write something you're grateful for today.



FRIDAY

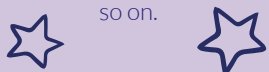
1 Positive playlist

Get into the Friday spirit! Suggest your favourite, feel-good songs and create a positive playlist as a class.



4 Star breathing

Breathe in or out for three seconds while visualising the shape of a star. Start on the left side of the top 'arm' of the star. Going clockwise, breathe in as you move up the first line, then out as you move down the second. And so on.



5 In the moment

Try the 54321 grounding technique. Silently, name five things you can see. Four things you can feel. Three things you can hear. Two things you can smell. And one thing you can taste. Use this exercise whenever things feel a bit too much.

6 Get creative

Try to spend 30 minutes doing something creative today. That could be drawing, graphic design, dancing, or even learning a musical instrument. Whatever you like!



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. Your teacher can then collect and hand them out.



8 Random act of kindness

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



For help and advice scan here



11 Signs of winter

As a class, take a silent, mindful walk around the school grounds. Noticing signs of winter along the way. Such as frost, falling leaves or even robins.

12 Worldwide winter

Learn how other cultures and countries celebrate different things about winter.



13 Self-soothe session

Create your own self-soothe box to take home for whenever your emotions feel too much. For tips, check out the ['How to make a self-soothe box'](#) blog on our website.



14 Have a laugh

Give laughter yoga a go. It's said to boost happiness and reduce stress! There are loads of free videos on YouTube.

15 Your 2023

Write down your favourite school moments of 2023 and any hopes or goals you might have for 2024. Could you make them SMART goals?

