

YoungMinds School Staff Wellbeing Calendar 2023

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



MONDAY

27 Cuppa catch up

Catch up with a colleague you haven't caught up with for a while, over a hot drink. And maybe a biscuit or two...



TUESDAY

28 Positive affirmations

Write a positive affirmation on a piece of card. Maybe 'I can do this' or 'I am worthy'. Keep it somewhere you can easily see for the entire day. Feel free to add decoration and colour!

WEDNESDAY

29 Stretch it out

Join your pupils for a stretch session. Roll your neck, rotate your arms and flex your toes. How do you feel afterwards?



THURSDAY

30 Practice gratitude

What three things are you grateful for today? Write them down and keep them close.



FRIDAY

1 Favourite tune

Listen to a favourite song from your teen years and have a boogie!



4 Get creative

Spend half an hour today doing something creative, such as singing, crafting, drawing or playing an instrument.



5 In the moment

Try the 54321 grounding technique alongside your pupils. 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. This exercise is great for when things feel overwhelming.

6 Stay hydrated

Do you find it hard to drink enough water during the day? You're not alone. Challenge yourself to drink six glasses of water today and reap the benefits.



7 Thank you card

Write a kind, supportive card for someone in your team who has helped you this year, or done something to be proud of. Could you also do one for yourself to recognise how much you've achieved?



8 Random act of kindness

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



11 Signs of winter

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

12 Body scan

Try a body scan meditation to ease any end-of-term tension. There are plenty of free guided meditations on YouTube!



13 Reach out

Winter can get lonely. Today, call a friend or family member that you haven't spoken to in a while. Let them know you're thinking of them.



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 to try with your pupils.



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?

