

The YoungMinds Wellbeing Calendar 2023



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

27 - MONDAY

Belly breaths

Take a big deep breath in and fill your belly up with air. Then slowly breathe out through your nose.

28 - TUESDAY

Affirmation station

Spread some winter joy to your classmates by writing positive messages on cards. Then get your teacher to collect and pass them around. For example 'I am loved', 'I can do this'.



29 - WEDNESDAY

Stretch it out

Stretch your body from head to toe. Roll your neck, spin your arms and flex your toes!

30 - THURSDAY

Gratitude snowman

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



1 - FRIDAY

Dance party

As a class, get the month off to a great start by singing and dancing along to tunes that make you feel happy!



4 - MONDAY

Mindful colouring

Enjoy some quiet colouring in time and let your creative juices flow.



5 - TUESDAY

Feeling grounded

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 your emotions feel too big.



6 - WEDNESDAY

Get crafty

Draw, paint or craft your favourite animal that reminds you of winter. Polar bear? Penguin? Reindeer? Or even just a cat with a funky scarf on!

7 - THURSDAY

Worldwide winter

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

8 - FRIDAY

Random act of kindness

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



11 - MONDAY

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 - TUESDAY

Body scan

Try a body scan meditation to help you let go of stress or worries. There are lots of free videos of this on YouTube!



13 - WEDNESDAY

Self-soothe session

Create your own self-soothe box to take home and use whenever you feel sad or worried. Include things like sensory toys, sour sweets and photos of things that make you happy. For more tips, check out the 'How to make a self-soothe box' blog on our website.

14 - THURSDAY

Get the giggles

Give laughter yoga a go. It's said to make you happier and less stressed! There are lots of free videos on YouTube.

15 - FRIDAY

Your 2023

Write down your favourite school moments of 2023 and any hopes or goals you might have for 2024.