

# The YoungMinds Wellbeing Calendar 2022



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

28 - MONDAY

## Festive sing-a-long

Get the month off to a great start by singing along to your favourite festive tunes.



29 - TUESDAY

## 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'.



30 - WEDNESDAY

## Mindful walk

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



1 - THURSDAY

## Random act of kindness

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



2 - FRIDAY

## Mindful colouring

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



5 - MONDAY

## Winter wishes for the world

What do you think would make the world a better place for everyone in 2023?



6 - TUESDAY

## Belly breaths

Start your day with some deep, mindful breathing. Breathe in and fill your belly with air before slowing breathing out through your nose.



7 - WEDNESDAY

## Ready, set, go!

Play a game together as a class or in small groups – play it safe with a classic or try creating your own.



8 - THURSDAY

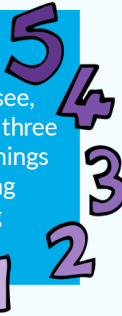
## What makes you, you

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?



9 - FRIDAY

Name five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste (or one thing you love about yourself).



12 - MONDAY

## Stretch it out

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



13 - TUESDAY

## 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.

14 - WEDNESDAY

## Snowman says...

Just like the classic game of 'Simon says' but with a wintery twist.



15 - THURSDAY

## Worry dolls

Get out your craft box and create your own worry doll. Your doll is a great listener for any worries you might have, but don't forget you can also talk to an adult about them too.



16 - FRIDAY

## Dance-a-thon

End the term with a good ol' dance-a-thon to your favourite songs – you deserve it!

