

# 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

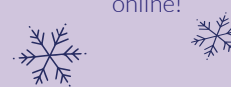
Write down three good things that have happened to you today or this week - keep these with you as a reminder.



## 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?



### 9 Mindful colouring

Stick on your positive playlist and let your creative juices flow with a mindful colouring session.



For help and advice scan here

