

# HALLOWEEN WELL-BEING

Calendar October 2021



## Resilience

## Empathy

## Self-awareness

## Positivity

## Excellence

## Communication

## Teamwork

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**4** Make time this morning to make your own bed. It will be the first thing you complete this week and will set you up for the rest of the day.

**5** Reach out to someone that you have not spoken to for a while. It's good to talk!

**6** Stretch. Stretching reduces stress and anxiety and it feels good. Reach for the sky, touch your toes, and wiggle your fingers.

**7** Step outside and close your eyes. Listen to the different sounds. What can you hear, birds, the wind maybe even the rain?

**1** Before you go to sleep reflect on the past week and think about all you have achieved. No matter how big or small. Be proud.

**2** Healthy body healthy mind.  
Go for a walk, splash in the puddles, kick the autumn leaves and take in the fresh air.

**3** Turn off the TV, find a quiet place and get lost in a book.  
Reading is the gateway to the world.

**11** What is your most positive achievement? Pat yourself on the back. Remember you can do anything you set your mind to.

**12** Show empathy and compassion for your family and friends if they may be anxious about their new year ahead.

**13** Tonight before bed, find the brightest star in the sky and make a wish.

**14** What can you be grateful for today? Take a moment to think of all the things that you should be happy about.

**15** People will always remember how you made them feel. BE KIND.

**16** Listen to a family member or friend and be a good friend.  
\* If you don't feel like smiling today talk to someone you trust.

**17** Healthy body healthy mind.  
Dance like no one is watching. You don't even need music.

**18** Make your actions today be amazing.

**19** Send a note to someone you care about.

**20** Relax. Breathe extra deep, let go, and live in the moment.

**21** Find something to look forward to over the next few days

**22** Today is a new day, a fresh start and a new reason to be positive

**23** Take a moment to breathe in and breathe out. Live in the moment and clear your mind.

**24** Show amazing teamwork skills with your family and friends by helping and supporting them when needed.

**25** Choose a really hard book and read it to yourself, a family member or a friend.

**26** Offer to talk to someone and share your kindness.

**27** Good morning, wake up and be awesome!

**28** Help someone else to see all the amazing things to look forward to. Share the positivity!

**29** It has been a busy week. Try going to bed early.  
\* Children need 9-11 hours sleep a night. in order to recharge fully.

**30** Start a diary. Write down things you have done during the day, experiences you have had and how they have made you feel.

**31** HAPPY HALLOWEEN.  
Stay safe, don't go out alone. Have fun.

