

FESTIVE WELL-BEING

Calendar December 2021

Resilience	Empathy	Self-awareness	Positivity	Excellence	Communication	Teamwork
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 It's the start of the festive season.. Greet everyone in school with a BIG hello today. Positive December!!	2 Show amazing teamwork skills with your family and friends by helping and supporting them when needed.	3 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.	4 Healthy body healthy mind. Go for a walk, splash in the puddles, make a snow man and take in the fresh air.	5 Turn off the TV , find a quiet place and get lost in a book. Reading is the gateway to the world.
6 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.	7 Reach out to someone that you have not spoken to for a while. It's good to talk!	8 Stretch. Stretching reduces stress and anxiety and it feels good. Reach for the sky, touch your toes, and wiggle your fingers.	9 Step outside and close your eyes. Listen to the different sounds. what can you hear, birds, the wind maybe even the rain?	10 Check up on a friend or family member that you haven't spoken to for a while. Reconnect.	11 If you see someone without a smile, give them one of yours. * If you don't feel like smiling today talk to someone you trust.	12 Take some time for yourself, read a book, play a game, paint or draw.
13 What is your most positive achievement? Pat yourself on the back. Remember you can do anything you set your mind to.	14 Show empathy and team work and help around the house. Tis the season to be jolly.	15 Tonight before bed, find the brightest star in the sky and make a wish.	16 Find something to look forward to over the next few days.	17 People will always remember how you made them feel. BE KIND.	18 Listen to a family member or friend and be a good friend.	19 Healthy body healthy mind. Dance like no one is watching. You don't even need music.
20 Make your actions today be amazing.	21 Send a note to someone you care about.	22 Relax. Breathe extra deep, let go, and live in the moment.	23 Find something to look forward to over the next few days.	24 Watch a festive movie in your pyjamas with your grown up. Maybe try a warm cup of milk too!	25 Tonight is a full moon. This will not happen again on christmas day for another 19 years. Have a look.	26 Boxing day walk. Take a stroll outside and relax. Spending time outdoors lowers stress levels. Is there any snow on the ground?
27 Choose a really hard book and read it to yourself, a family member or a friend.	28 Offer to talk to someone and share your kindness.	29 Good morning, wake up and be awesome!	30 Help someone else to see all the amazing things to look forward to. Share the positivity!	31 Tomorrow is a NEW YEAR. Have you thought about your new years resolutuion?		



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