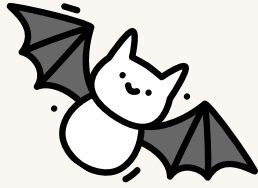
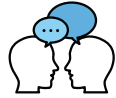
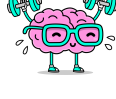


5 Ways to Wellbeing Calendar

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  A random act of kindness	2  Before you sleep - what is 1 thing you are grateful for?	3  Learn something new about the people around you	4  A physical activity you enjoy!
5  If possible, bake some cakes & share them!	6  Hold a door open for someone	7  Draw a picture of something you've seen today	8  Learn a new word today!	9  Play a new game in the playground	10  Make a new friend	11  Help out around the house!
12  How are you feeling today?	13  Write a story of your choice	14  If possible, walk or cycle to school!	15  Help a friend if they find something tricky	16  Give a hug to someone you love	17  Play I Spy	18  Try a new food!
19  Dance to your favourite song	20  Invite someone to play if they are on their own	21  Give yourself a break from screen time today	22  Look up at the night sky before bed - what can you see?	23  Learn 5 new facts today	24  Build a den!	25  Family movie or game night!
26  Make a card for someone you care about	27  Do a body scan - what do you notice?	28  Choose a different language and learn how to say hello	29  Run races with friends!	30  During dinner, ask how everyone's day was	You've finished!	

Key:

Give 

Connect 

Take Notice 

Be Active 

Keep Learning 