

# FESTIVE SEASON WELLBEING



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5

BE GENEROUS, FEED  
SOMEONE WITH FOOD,  
LOVE OR KINDNESS  
TODAY

6

SEE HOW MANY  
DIFFERENT PEOPLE YOU  
CAN MAKE SMILE TODAY

7

SHARE A HAPPY  
MEMORY OR INSPIRING  
THOUGHT WITH A  
LOVED ONE

8

CONTACT AN OLDER  
NEIGHBOUR AND  
BRIGHTEN UP THEIR DAY

9

SPENT SOME TIME  
WITH FAMILY OR  
FRIENDS

10

TREAT YOURSELF AND  
EAT SOMETHING  
DELICIOUS

11

GREET EVERYONE IN  
SCHOOL WITH A BIG  
HELLO!

12

REACH OUT TO SOMEONE  
YOU HAVE NOT SPOKEN TO  
FOR A WHILE. IT'S GOOD TO  
TALK

13

TAKE A NICE BIG STRETCH.  
STRETCHING CAN HELP  
REDUCE STRESS AND  
ANXIETY

14

TAKE A MOMENT TO STEP  
OUTSIDE AND LISTEN TO  
THE SOUNDS AROUND YOU.  
WHAT CAN YOU HEAR

15

TAKE SOME TIME FOR  
YOURSELF, READ A BOOK,  
PLAY A GAME OR DRAW A  
PICTURE

16

DANCE LIKE NO ONE IS  
WATCHING. YOU DON'T  
EVEN NEED THE MUSIC

17

LISTEN TO A FAMILY  
MEMBER OF FRIEND  
FOR AT LEAST 10 MINS

18

BEING POLITE AND  
KIND TO AT LEAST 10  
PEOPLE TODAY

19

BEFORE BED TONIGHT FIND  
THE BRIGHTEST STAR IN THE  
SKY AND MAKE A WISE

20

THINK ABOUT SOMETHING  
THAT YOU CAN LOOK  
FORWARD TO IN THE NEXT  
COUPLE OF DAYS

21

TAKE A MOMENT TO  
RELAX AND TAKE DEEP  
BREATHS

22

SHOW AMAZING  
TEAMWORK SKILLS WITH  
FAMILY AND FRIENDS

23

GO FOR A WALK  
AROUND YOUR LOCAL  
AREA!

24

WATCH A FESTIVE  
FILM WITH YOUR  
LOVE ONES.

25

TAKE A MOMENT TO  
REMEMBER ALL OF THE  
IMPORTANT PEOPLE YOU  
HAVE IN YOUR LIFE

26

GO FOR A WALK  
AROUND YOUR LOCAL  
AREA!

27

REKINDLE YOUR ARTISTIC  
SIDE AND MAKE  
SOMETHING FOR THE NEW  
YEAR

28

OFFER TO TALK TO  
SOMEONE AND OFFER  
THEM KINDNESS

29

WAKE UP AND SHOW  
SOMEBODY HOW  
AWESOME YOU CAN BE  
TODAY

30

HELP SOMEONE ELSE  
TO STAY POSITIVE  
TODAY.

31

NEW YEAR,  
NEW YOU!

