

2021 - 2022 Wellbeing Calendar

November	December	January
It's cool to be kind (tied to World Kindness Day & Anti-Bullying Week) + loving kindness meditation	My mindful mind - mindfulness using Smiling Mind app	Growth and fixed mindset - your elastic brain, brain goals
February	March	April
Emotional rollercoaster – feelings and how to deal with them + keep calm	Understanding ourselves – our needs, wants, what makes us happy, friends	Gratitude – genuine thanks, thank you letters
May	June/July	
Positive affirmations	Exercise makes me happy – yoga, Hindu squats, dance, walking/running	