


September	October	November
My world: identity and identifying personal strengths	Self-care: taking breaks and choosing ourselves, rest and relaxation	It's cool to be kind: tied to World Kindness Day & Anti-Bullying Week
December	January	February
My mindful mind: mindfulness using Smiling Mind app	The power of yet: growth and fixed mindset	Friendships & relationships: getting on and falling out
March	April	May
Gratitude & giving: Expressing thanks with words and actions	Exercise makes me happy: yoga, dance, walking/ running	Emotional rollercoaster: Feelings and how to deal with them, keep calm
June/July	<h2 style="text-align: center;">Wellbeing 2022-2023</h2> <div style="text-align: center;">  KÄMMER International Bilingual School </div>	
Diversity & acceptance: tied to Pride and Diversity month, understanding others		