


<b>September</b>	<b>October</b>	<b>November</b>
The power of yet: growth and fixed mindset	Self-care: taking breaks and choosing ourselves, rest and relaxation	It's cool to be kind: tied to World Kindness Day & Anti-Bullying Week
<b>December</b>	<b>January</b>	<b>February</b>
My mindful mind: mindfulness using Smiling Mind app	My world: identity and identifying personal strengths	Friendships & relationships: getting on and falling out
<b>March</b>	<b>April</b>	<b>May</b>
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
<b>June</b>	<p align="center"><b>Primary Wellbeing 2023-2024</b></p> 	
Diversity & acceptance: tied to Pride and Diversity month, understanding others		