

YoungMinds' Wellbeing Activity Calendar

Looking after your wellbeing during self-isolation

Coping with the news and staying mentally healthy during self-isolation can be a challenge. For many of you, you're still working from home, supporting your fellow colleagues, as well as trying to keep yourself and your family safe.

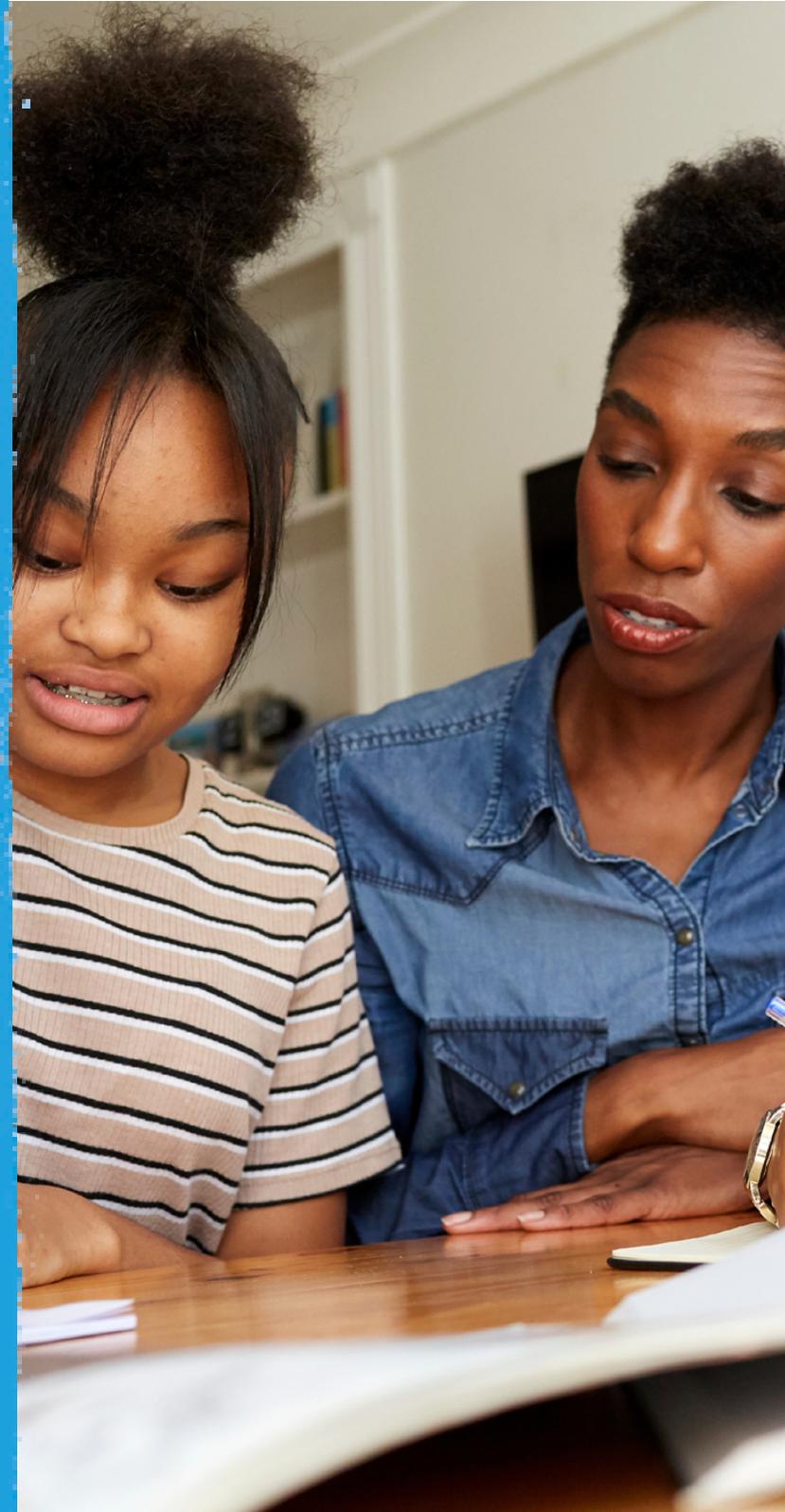
That's why we've created a Wellbeing Activity Calendar to help you, your pupils and your colleagues take 5 minutes a day to do an activity that will boost your wellbeing. This will also provide an opportunity for your pupils to learn activities and exercises that will help them look after their mental health during this time.

The activities may be things you can do virtually as a class, or your pupils can do themselves from home with their families. You could also share

this with your team and take part in the activities during your virtual meetings.

We would love to see how you use your Wellbeing Activity Calendar!

Send us any pictures or feedback to 360schools@youngminds.org.uk or use the hashtag [#360calendar](https://twitter.com/360calendar) and tag [@YoungMindsUK](https://twitter.com/YoungMindsUK) on Facebook, Twitter or Instagram.



MONDAY

Give a gold star

Send pupils a star template and ask them to write one for the person they usually sit next to in class. Have some examples such as – “I give you a gold star for always making me smile.”

Tip: Ask pupils to share a photo of their star with the class

Start with a stretch

Kick off your week with some stretching. Starting from the head, go down the body stretching out each part. Roll your neck, wiggle your fingers and rotate your arms...

Tip: Do the stretches yourself so your pupils can copy.

Make a playlist

Everyone in your class picks an uplifting song. Then send the finished playlist to everyone so they can play it during the day.

Tip: you can use [our playlist](#) for inspiration.

Share some coping tips

Some of your pupils may be feeling anxious about the news. Share [this blog](#) with older students, or pick one or two to discuss as a class or explain to younger pupils.

TUESDAY

Quiet time

Play some calming music and ask everyone to close their eyes and listen, focusing on their breathing.

Tip: Ask your class to try some yoga exercises from P.E or stretches with the music.

Play our quarantine quiz

Find out which quarantine character you are by taking part in our fun [online quiz](#).

Send this to your class as a fun way to keep their minds off the news, or to your colleagues before a team meeting.

Design a superhero

Use our design a [superhero activity](#) to create your own super powers.

Tip: sign up to [#HelloYellow](#) on our website to get more great resources like this.

Make a self-soothe box

This can be a great way for you and your pupils to feel grounded when feeling anxious. Put sensory things in the box like playdough and peppermint.

Tip: Read our [blog](#) to help you.

WEDNESDAY

Learn a new language...

Or at least 5 words! Decide on a language for the day and learn the words for hello, thank you, and any others you want to know.

Tip: Give a prize to whoever can remember the most words the next day.

Write a letter

Ask your pupils to write letters to family members or draw them pictures to show they're thinking of them.

They could post them if they're able to, or show them over video call.

Jumping Beans

Ask your class to stand up. When you shout out a type of bean, the class have to do the action below.

Baked bean: crouch down into a ball, Runner bean: run on the spot, Jumping bean: jump up and down, Magic bean: freestyle move!

Have a good news day

Find three positive news stories online or follow three positive news accounts on social media like [The Happy Broadcast](#) or [The Happy Newspaper](#). You can also [#OwnYourFeed](#) with YoungMinds.

THURSDAY

Virtual storytime

Write a funny story together as a whole class. Go round the class and each person has to say or type one line as you make a story together.

Tip: Go round in alphabetical order to avoid people speaking at the same time.

And breathe...

Have a go at focusing on your breathing. Ask your class to close their eyes and listen to their breath as they inhale for four and exhale for four.

I am grateful

Write, or draw three things you are grateful for.

Tip: You could extend this by creating a 'gratitude tree'. Use the [mural app](#) so that pupils or colleagues can add theirs on a virtual post-it.

Karaoke!

Put on any song and have a sing along together.

Tip: you can find the lyrics to almost any song on [YouTube](#).

FRIDAY

Three good things

Write down 'three good things' that have happened this week. For each thing, think about how it made you feel and why.

These could be anything from - I've worn my favourite slippers all week to I baked a great cake.

Get your body moving!

Play a song for a few minutes, to shake off the tension and have a dance.

Tip: You can ask pupils or staff to turn off their videos for this one!

Plan your weekend

Create an itinerary with timings for your weekend – including things like lunchtime, movie night, crafty activity, read my book, make dinner.

Have a rest day

Sometimes we can feel pressured to be productive while we're all at home. But it's important to rest and look after ourselves. Ask your pupils and colleagues what they are doing for self-care this weekend.