



Primary School Wellbeing Calendar

13 April - 22 May

Six Weeks of Mindfulness, Kindness & Connection

Mindful
Monday

Tuneful
Tuesday

Wellbeing
Wednesday

Thoughtful
Thursday

Friendship
Friday

Welcome to Your Wellbeing Calendar! 🤗

This calendar is a special tool made just for you!

Think of these activities as a little *"hug for your brain"* — to help you feel calm, happy, and kind.

Each day has a different theme.
You can do most activities by yourself or with a friend.

Most tasks are **unplugged** — take a break from screens and enjoy the world around you!



6 Weeks

13 Apr – 22 May



5 Themes

One for each day



Unplugged

No screens needed!

🧘 Mindful Monday

Starfish Breathing: trace your hand, breathe in going up each finger, out going down.



🌿 Wellbeing Wednesday

Squiggle Pictures: draw a loopy squiggle and colour each section differently.



💖 Thoughtful Thursday

Compliment Slips: write something kind on paper for a friend or family member.



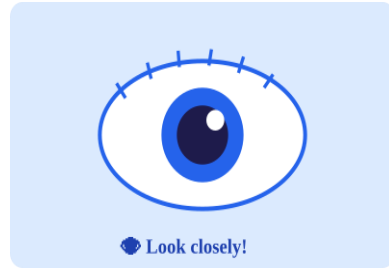
💖 Friendship Friday

Rose, Thorn & Bud: share something good, something tricky, and something to learn.



🧘 Mindful Monday

The Seeing Game: spend one minute silently spotting details you've never noticed.



🌿 Wellbeing Wednesday

Cloud Gazing: go outside and find shapes or pictures in the clouds.



💖 Thoughtful Thursday

Say Thank You: find someone who helped you today and thank them.



💖 Friendship Friday

Glow & Grow: share one thing you're proud of and one goal for next time.



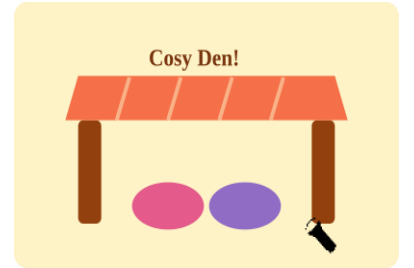
🧘 Mindful Monday

Balloon Breaths: hands on belly, imagine a balloon filling as you breathe in.



🌿 Wellbeing Wednesday

Den Building: use blankets and cushions to build a cosy den and explore.



💖 Thoughtful Thursday

Family Appreciation: tell a family member you love and appreciate them.



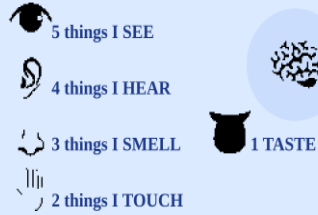
💖 Friendship Friday

#3GoodThings: write down three specific good things from your week.



🧘 Mindful Monday

Five Senses: notice 5 things you see, 4 hear, 3 smell, 2 touch, 1 taste.



🌿 Wellbeing Wednesday

Relaxing Sounds: listen to nature sounds like rainfall or waves.



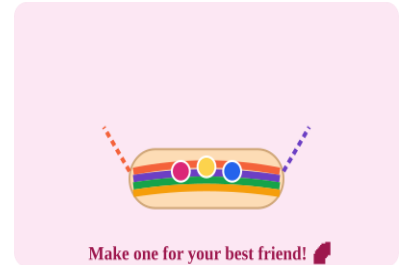
💖 Thoughtful Thursday

Helping at Home: do a chore without being asked.



💖 Friendship Friday

Friendship Bracelet: make a bracelet with string, wool, or beads for a friend.



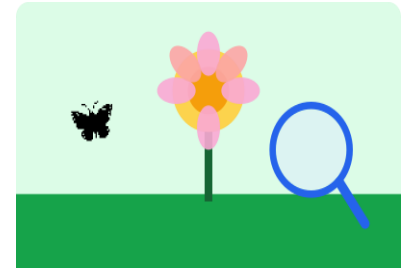
🧘 Mindful Monday

Birthday Cake Breathing: make a fist (the cake), smell it, then blow out the candle.



🌿 Wellbeing Wednesday

Nature Observation: find a plant or insect outside and draw it closely.



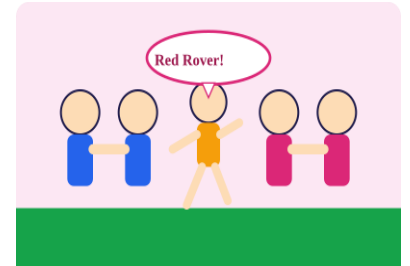
💖 Thoughtful Thursday

Random Act of Kindness: do something kind anonymously for someone.



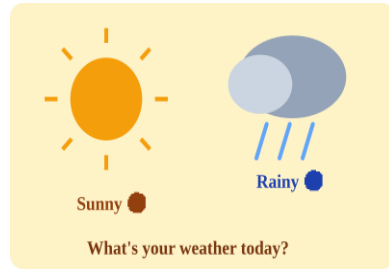
💖 Friendship Friday

Red Rover: link arms in two teams and call friends to break through.



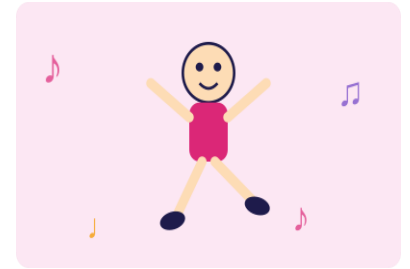
🧘 Mindful Monday

Weather Check: describe your feelings using weather words like 'sunny' or 'rainy'.



🌿 Wellbeing Wednesday

Make Up a Dance: create a routine to your favourite song and practise it.



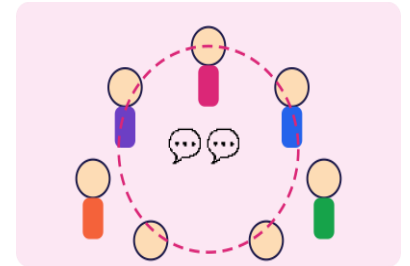
💖 Thoughtful Thursday

Letter to a Neighbour: post a friendly note to brighten their day.



💖 Friendship Friday

Circle Time: sit in a circle and discuss how to help and respect each other.





Mindful Monday

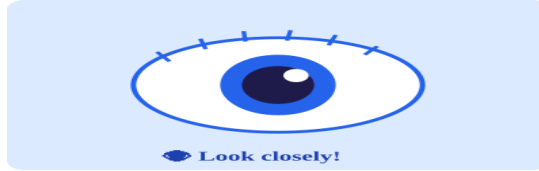
Focus & Calm

Starfish Breaths



Open one hand like a starfish. Trace your fingers — breathe in going up, breathe out going down.

The Seeing Game



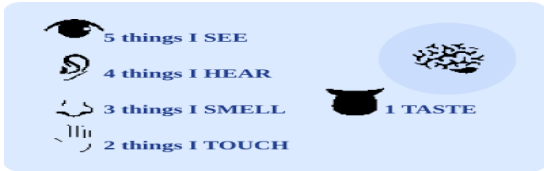
Spend one minute in silence. Spot something small you've never noticed before!

Balloon Breaths



Hands on belly. Breathe in to puff your belly out like a balloon, then exhale slowly.

Five Senses



Name 5 things you SEE, 4 you HEAR, 3 you SMELL, 2 you TOUCH, 1 you TASTE.

Birthday Cake Breathing



Make a fist (your cake). Sniff it in, then blow out the candle!

Weather Check



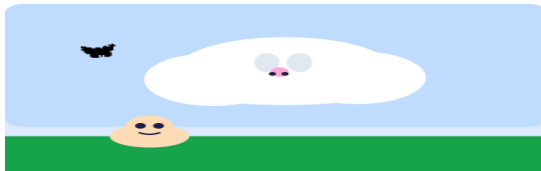
Describe your feelings with weather words. Sunny = happy. Rainy = a hard time.

Squiggle Pictures



Draw a big loopy squiggle. Colour each section a different colour or fill with patterns!

Cloud Gazing



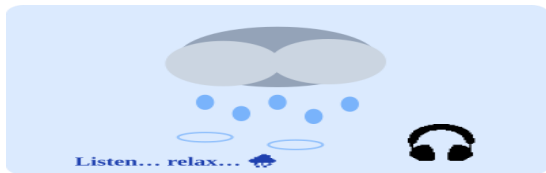
Find a comfy spot outside. Watch the clouds and find shapes — animals, people, or magical objects!

Den Building



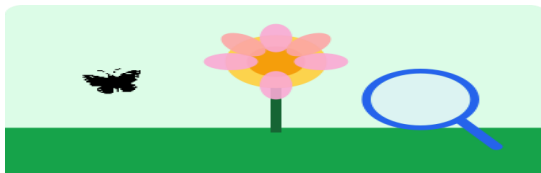
Use blankets and cushions to build a cosy den. Crawl inside and imagine a magical land.

Relaxing Sounds



Listen to nature sounds — rainfall, waves, or a rainforest. Notice how they make you feel.

Nature Observation



Find a plant or insect outside and draw exactly what you see.

Make Up a Dance



Choose a song you love. Create moves that match the music and practise them!

Thoughtful Thursday

Acts of Kindness

Compliment Slips



Write something kind about a friend or family member on paper and give it to them.

Saying 'Thank You'



Think of someone who helped you. Write them a note or say thank you in person.

Family Appreciation



Tell a parent, sibling, or grandparent that you love and appreciate them.

Helping With Chores



Find a job at home and do it without being asked!

Random Acts of Kindness



Do something kind for someone as a surprise — anonymously!

Letters to Neighbours



Write a short, friendly note and post it through a neighbour's letterbox.

Friendship Friday

Connection

Rose, Thorn & Bud



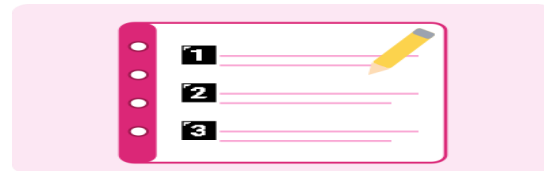
Rose = something positive. Thorn = something tricky. Bud = something new to learn tomorrow.

Glow & Grow



Glow = something you're proud of today. Grow = a goal for next time.

#3GoodThings



List three specific good things that happened this week. Keep each one short!

Friendship Bracelets



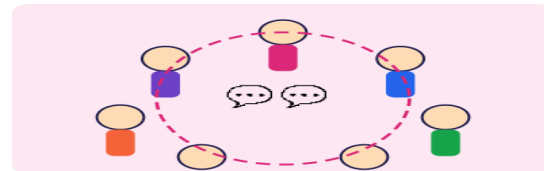
Use colourful string, wool, or beads to create a bracelet for a friend.

Red Rover



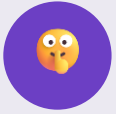
Split into two teams, link arms, and call someone to break the chain!

Circle Time



Sit in a circle. Talk about the best ways to help and respect one another.

★ Final Checklist for Pupils



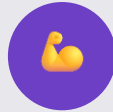
Did I use my "whisper voice" for Mindful Monday?



Used correct British English? (e.g. neighbour, favourite, colouring)



Did I complete my Wellbeing Wednesday tasks without using a screen?



Did I try the activities by myself before asking an adult for help?



"Practise" is a verb (action); "practice" is a noun (thing)!



Did I remember to be kind to myself as well as to others?