

The YoungMinds Wellbeing Advent Calendar



Looking after your wellbeing as you countdown to the holidays

The lead up to Christmas is a fun and exciting time, but it's also a busy period that may make some children and young people feel anxious and stressed.

We've created a Wellbeing Advent Calendar, so in your class you can countdown to the festive holidays by taking 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.

For some activities, we've given ways that you can do it SOLO or TOGETHER, so it can be something you can do as a class together in tutor time, or maybe an activity your pupils can do themselves as they come in from lunch.

We would love to see how you use your Wellbeing Advent Calendar! Send us any pictures or feedback to 360schools@youngminds.org.uk or tweet us at [@YoungMindsUK](https://twitter.com/YoungMindsUK)

Tip: Want to make this into an advent calendar with windows? Stick post it notes over each day so your class can lift them up!

The YoungMinds Wellbeing Advent Calendar

Looking after your wellbeing as you countdown to the holidays



MONDAY

3

Tell the person next to you one thing you admire about them.

SOLO: Pupils write down on a post it note for the person next to them.

TOGETHER: Pupils write down and you go round and share what everyone said.

10

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

Tip: Music from Christmas films can work well for this! Home Alone, Love Actually...

17

Time to stretch! Starting from the head, go down the body stretching out each part. Roll your neck, wriggle your fingers and rotate your arms...

TUESDAY

4

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.

11

Write a list of people you would like to say thank you to, and why. If anyone of them are in the class, set yourself the task of saying thank you to them by the end of the day.

18

Try out some 'giant doodling' by having a large piece of paper on each table, where your class can gather round and do some doodling. You could draw circles, swirls, and triangles in repetitive patterns.

WEDNESDAY

5

Write a list of three things you are grateful for today.

12 Have a giggle! Ask the class to each share their funniest story to encourage laughing.

SOLO: Write down your favourite jokes, or things that make you laugh.

TOGETHER: Ask the class to each share some of their funniest stories.

19 Get your body moving! Play a song for a few minutes, shake of all the tension and have a dance.

SOLO: Put the music on and let the class dance as they come in from lunch.

TOGETHER: Go round and let each pupil lead the class in a dance move.

THURSDAY

6 Ask the class to each think of a good memory from a previous Christmas or the holidays.

SOLO: Draw a picture of this memory.

TOGETHER: Draw a picture of the memory and hear from a few pupils the stories behind their pictures.

13

Come up with a list of alternative Christmas messages you would say to someone who might not be facing a 'happy' Christmas this year. (e.g. Christmas is just another day I'll be here for you!).

20

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

FRIDAY

7 Play 'wellbeing bingo'

SOLO: Print off the Wellbeing Bingo template so your pupils can colour independently.

TOGETHER: Use the Wellbeing Bingo Slide to bring it up on the board. Get pupils to stick a sticker on ones they have done.

14

Turn your alternative Christmas messages into Christmas cards!

21

Christmas Karaoke

Stick on a Christmas song (or any song) and have a sing along together.

Tip: you can find the lyrics to almost any song on YouTube.

