

Wellbeing Advent Calendar 2024

360 SCHOOLS

MONDAY

25. JINGLE & JIVE DANCING

Dance to fun, festive songs to lift everyone's mood.



TUESDAY

26. POSITIVE WINTER CARD

Make a card with a positive message, uplifting drawings – or doodles for someone special!

WEDNESDAY

27. BREATHING STAR

Teach students a simple breathing exercise in the shape of a star - inhale on one side, exhale down the next.



THURSDAY

28. FESTIVE SENSORY PLAY

Set up a sensory station with themed items - e.g pine cones, cinnamon sticks, jingle bells to stimulate senses and encourage creativity.

FRIDAY

29. JOLLY STORY TIME

Come together and have a story time with festive books and poems that sum up the season.



2. COSY ZONE

Create a calm zone using cushions, fairy lights, blankets, soft lighting and calming activities such as puzzles and colouring sheets.

3. END OF YEAR GLOBAL WISH LIST

Ask students to write down wishes for others – e.g the environment or world peace.



4. COMPLIMENT CHALLENGE

Challenge students to give three compliments to classmates or family to spread positivity.

5. HOLIDAY JUMPER DAY

Have a festive jumper day where everyone can wear a fun or favourite item of clothing.



6. MINDFUL WALK

Take a mindful walk around the school or local area - paying attention to the sights, decorations and smells of winter.

9. CHRISTMAS PLAYLIST

Encourage students to create a holiday playlist that makes them feel happy and energised! Encourage them to take it home and share with family.



10. FESTIVE YOGA

Have a short yoga session using holiday things like a 'Christmas tree pose' and 'Snow Angel'.

11. GRATITUDE PAPER CHAIN

Create a paper chain where each student writes one thing they are grateful for on a link – the chain reflects the class's collective gratitude.

12. PRACTICE GRATITUDE

Take 10 minutes to think about all the amazing things you've done this year. What made you feel proud?

13. CHRISTMAS SENSORY BOTTLES

Make festive sensory bottles filled with glitter, water and small decorations. Watch the glitter swirl for a soothing experience.



PRIMARY SCHOOL