

Wellbeing Advent Calendar 2024

360 SCHOOLS

MONDAY

25. DECEMBER FEELINGS

Take a few minutes to check in with your emotions – use a feelings wheel or list to help you – reflect and validate the emotions.

TUESDAY

26. FESTIVE PLAYLIST

Create a festive playlist for the next few weeks – with contributions from staff.



WEDNESDAY

27. SELF CARE RITUAL

Dedicate at least 30 minutes to a self care activity – this could be a long bath, exercise or reading a book – whatever helps you unwind.

THURSDAY

28. MINDFUL WALK

Take a wintery walk outside, paying attention to all the sights and sounds.



FRIDAY

29. WATCH A FESTIVE FILM

Choose a feel good film, prepare some snacks and enjoy a entertaining few hours.

2. CALM SPACE

Create a cosy corner either at home or in your classroom with a favourite chair and calming lights. Spend time there today enjoying a peaceful moment.

3. CONNECT WITH A COLLEAGUE

Reach out to a colleague or friend you haven't spoken to in a while - share a cuppa and a catch up

4. CHRISTMAS RECIPE SWAP

Create a space in the staff room (or online) where colleagues can share their favourite winter recipes.

5. HOLIDAY JUMPER DAY

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



6. 15 MINUTES OF JOURNALING

Spend 15 minutes journaling about your experiences in the past year? Reflect on special moments and challenges overcome.



9. MERRY MOVES

Get active – festive dancing, a walk looking at holiday decorations or even exercise such as ice skating or a chilly swim!

10. GRATITUDE LIST

Write down 5 things you are grateful for this year. Reflect on how this has positively impacted your life.



11. REST AND RECHARGE

Go to bed on time this holiday season – prioritise sleep so that you can stay energised and enjoy all the fun.



12. BRINGING HOPE

Share an inspiration quote, image or podcast with a friend/colleague



13. TREAT YOURSELF

Do something special for yourself today – you deserve it. Happy Holidays

SCHOOL STAFF