

EDUCATION STAFF WELLBEING, NOVEMBER: NOTICE

MON	TUE	WED	THU	FRI	SAT	SUN
						Look out of the ¹ nearest window. Name 5 things you can see.
Notice how the ² weather makes you feel – does it affect your mood?	Can you ³ encourage others to smile more today?	Head out for a ⁴ walk and notice the things you see.	Try keeping track ⁵ of your mood in a journal and notice any triggers	Get your class to ⁶ gather a few leaves during break for studying	Practice mindful ⁷ thinking and notice your thoughts	Take a moment to ⁸ notice how you feel this morning
Notice if you feel ⁹ stressed and talk to your headteacher	Are there clouds ¹⁰ in the sky today? What shapes can you see?	Take some time ¹¹ to do something you love	Go for a walk and ¹² notice how the wind, rain or sunshine feels.	If a colleague or ¹³ student seems down can you make them smile?	Notice how ¹⁴ someone responds when you ask how they are	Take a trip to the ¹⁵ seaside and notice the waves and pebbles.
Notice if a ¹⁶ colleague has had a haircut or has new clothes!	Reflect on your ¹⁷ achievements over the past week	What colour are ¹⁸ the trees around you?	Notice if someone ¹⁹ irritates you today and imagine how they feel	Sit back and enjoy ²⁰ your favourite hot drink today	Buy yourself ²¹ some flowers for the classroom or home!	Let go of ²² something that's affecting your mood
Make someone ²³ feel special with a thoughtful gift	Walk to school ²⁴ today if you can and focus on your surroundings	Always choose ²⁵ kindness.	Give someone a ²⁶ sincere compliment	Can you walk or ²⁷ drive to see the sunset this evening?	Watch ²⁸ your favourite comedy and have a good laugh!	Look for the good ²⁹ side in everyone you interact with today
Share this calendar ³⁰ with someone who deserves to take a break!						