

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! | | | | | | |