

# Summer Wellbeing Calendar

M

You made it!  
Celebrate finishing  
the school year —  
do something that  
makes you smile.

Try something new  
— a recipe, a game,  
a hobby.

Write message to  
your future self  
about what you're  
excited for in 2026.

Plan one fun thing  
for the week ahead  
— something that's  
just for you.

Take a walk and  
look for colours or  
patterns in nature.

Tu

Make a playlist for  
summer — songs  
that make you feel  
calm, happy, or  
inspired.

Have a screen-free  
morning. See how it  
feels.

Revisit a favourite  
book, movie, or  
memory.

Try a movement  
break — a walk, a  
stretch, or a dance  
to your favourite  
song.

Dream big — what's  
one thing you'd love  
to learn this year?

W

Get creative!  
Doodle, paint, bake,  
or build something  
from what's around  
you.

Make a small goal  
for the new year,  
something just for  
you.

Spend five minutes  
tidying a space.  
Even a small area  
feels good  
refreshed.

Do one kind thing  
for yourself today —  
a walk, rest, or your  
favourite treat.

Look back on the  
break. What  
moments will you  
carry with you into  
the year ahead?

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Write down three  
things (big or small)  
you're grateful for in  
2025.

Enjoy something  
that makes you  
laugh — a movie, a  
funny video, or a  
silly moment.

Check in with how  
you're feeling.  
What's going well?  
What might you  
need?

Play the summer  
playlist you created.

Reconnect with your  
learning space —  
check your tech,  
supplies, or setup.

F

Help someone at  
home. A small act of  
kindness can make a  
big difference.

Walk barefoot and  
feel the support of  
the earth beneath  
your feet.

Compliment  
someone sincerely  
— it'll brighten both  
your days.

Soak up some rays!  
Sunshine is nature's  
bubble bath.

Take a mindful  
minute. Breathe  
slowly and notice  
what's around you.

Sa

Unplug for an hour.  
Go outside, stretch,  
or notice five things  
in nature.

Give yourself  
permission to rest.  
No goals today, just  
breathing space.

Connect with  
someone you  
haven't spoken to in  
a while.

Have another  
screen-free  
morning. Check in  
how feels?

Give your body a  
good stretch today.  
Bonus points for  
stretching outdoors.

Su

Catch up with a  
friend — in person,  
by message, or even  
a quick call.

Make a Happy Box.  
Gather photos,  
memories, compliments  
and wishes Look  
through it whenever  
you need a joyful  
reminder.

Spend time with a  
pet or animal. Even  
watching birds  
outside counts.

Make a plan to call 1  
or 2 friends to wish  
them luck for the  
return to school.

Unwind to your  
summer playlist  
again.