



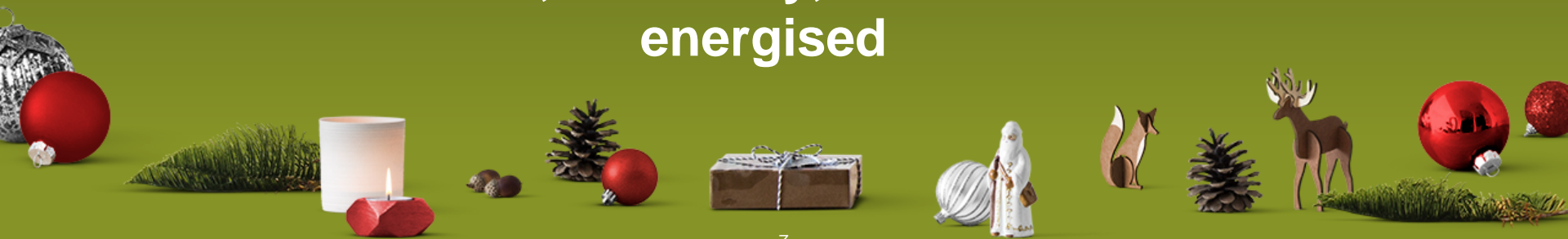
Winter Mental Health and Wellbeing calendar

) Do you find it difficult to incorporate mental health and wellbeing into the winter holidays?

To help, we have created a simple calendar for the Winter of 2021/2022 to help you plan ahead



Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It can help your body and mind to relax, drift away, or be more energised



Themes:

Winter health and well being

Keep healthy in the winter months

Support you mood during winter

Activities:

[Winter Wellbeing Toolkit : Mentally Healthy Schools](#)

www.place2be.org.uk/about-us/news-and-blogs/2020/december/6-ways-to-support-children-s-mental-health-this-winter/

www.twinkl.co.uk/resource/autumn-winter-wellbeing-activity-checklist-and-wellbeing-journal-resource-pack-t-lf-2549514

https://youtube.com/bzsoRPrmf_A0





Themes:

The big garden birdwatch weekend.

Utilise outdoor activities to improve you mood and wellbeing.

Family fun you can all enjoy.

Activities:

www.rspb.org.uk/get-involved/activities/birdwatch/

www.birdfood.co.uk/the-big-garden-birdwatch

www.careuk.com/company/care-uk-campaigns/bird-watch/7-therapeutic-benefits-of-birdwatching

<https://youtu.be/h29z-l3XTIk>





Themes:

Children's mental health week

The importance of good mental health and wellbeing

Building confidence and self esteem

Activities

www.place2be.org.uk/about-us/children-s-mental-health-week/

www.thechildrenstrust.org.uk/brain-injury-information/latest/childrens-mental-health-week-2021?gclid=CjwKCAiAhreNBhAYEiwAFGGKPGx_6y4Q-BgD-ubXBPKNrsowf1Iy

<https://youtu.be/1-d6Qm1feZE>



Themes

Time to talk day

Enjoy and build on your social skills

Improve your confidence and self esteem

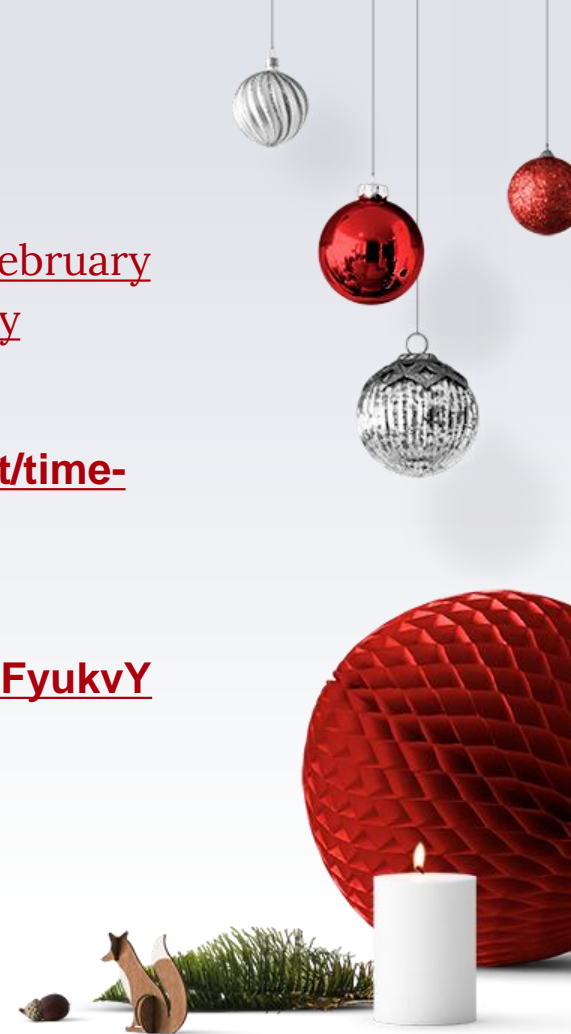
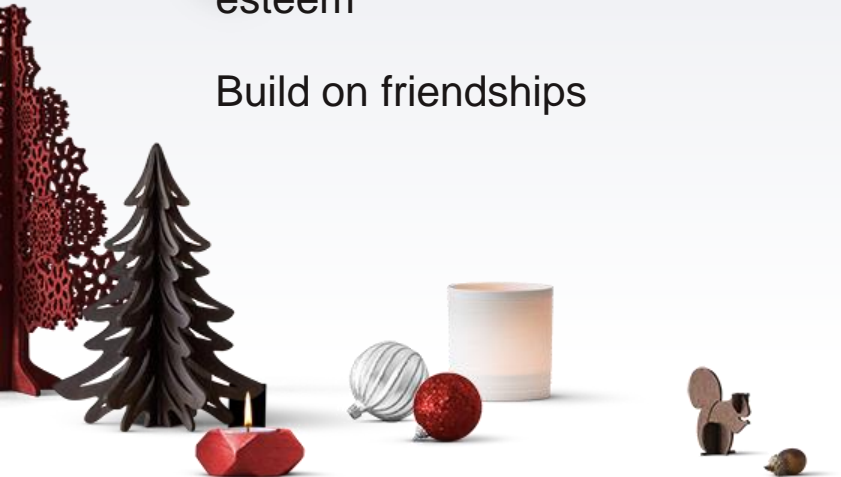
Build on friendships

Activities

[TIME TO TALK DAY - February 6, 2022 - National Today](#)

www.twinkl.co.uk/event/time-to-talk-day-2022

<https://youtu.be/2hVAPFyukvY>





Themes

Safer internet day

Together for a better internet of safety.

Celebrate safety on the internet.

Activities

[UK Theme for Safer Internet Day 2022 announced - UK Safer Internet Centre](#)

www.bbc.co.uk/teach/safer-internet-day-resources/z6bbhbk

www.saferinternetday.org/en-GB/resources

<https://youtu.be/X9Htg8V3eik>



Mental Health Matters

Walsall Reflexions

