

August / September	October	November
<p><b>Topic Ideas:</b></p> <ul style="list-style-type: none"> <li>→ Back to School</li> <li>→ Self-Care</li> <li>→ Connections</li> <li>→ How to get Involved</li> <li>→ National Suicide Prevention Week in Sept.</li> </ul> <p><b>Activity Ideas:</b></p> <ul style="list-style-type: none"> <li>*Club Fair</li> <li>*Welcome messages on lockers</li> <li>*Video on self-care</li> <li>*Door Greeters</li> <li>*Start Wellness Wednesday’s</li> <li>*Meet with administration to plan</li> <li>*Hand out Water bottles to help keep everyone hydrated.</li> </ul>	<p><b>Topic Ideas:</b></p> <ul style="list-style-type: none"> <li>→ Domestic Violence Month</li> <li>→ Time Management</li> <li>→ Dating Dialogue</li> <li>→ How to Find Help</li> </ul> <p><b>Activity Ideas:</b></p> <ul style="list-style-type: none"> <li>*Promote resources for how to help and seek help <a href="http://www.work2bwell.org">www.work2bwell.org</a></li> <li>*Partner with counseling office / health teachers to talk about consent</li> <li>*Create study sessions, homework clubs, peer support for studying.</li> <li>*Voices Assembly</li> <li>*Lunch time activities to engage</li> </ul>	<p><b>Topic Ideas:</b></p> <ul style="list-style-type: none"> <li>→ College Applications</li> <li>→ Holidays with family</li> <li>→ Politics (Elections)</li> <li>→ People in Need</li> <li>→ Stress &amp; Anxiety</li> </ul> <p><b>Activity Ideas:</b></p> <ul style="list-style-type: none"> <li>*am/pm/lunch mtgs about college apps and scholarships – accessible!</li> <li>*Register to Vote Table for Seniors</li> <li>*Food Drive for the holidays</li> <li>*Partner with counselors to create a wellness room, calm room or space where students can go to de-stress.</li> <li>*Study Tips</li> </ul>
December	January	February
<p><b>Topic Ideas:</b></p> <ul style="list-style-type: none"> <li>→ Financial Stress</li> <li>→ Family</li> <li>→ Kindness</li> </ul> <p><b>Activity Ideas:</b></p> <ul style="list-style-type: none"> <li>*Invite therapy dogs to be door greeters in the am or at lunch</li> <li>*Have a hot cocoa station and write inspiring notes on the cups</li> <li>*Positive notes on bathroom mirrors.</li> <li>*Hand out candy canes</li> <li>*School-wide giving tree</li> <li>*Host a craft night for students to make homemade gifts vs spend money.</li> </ul>	<p><b>Topic Ideas:</b></p> <ul style="list-style-type: none"> <li>→ Resolutions / Goals</li> <li>→ Back 2 School (after break)</li> <li>→ Testing (stress)</li> <li>→ Seasonal Affective Disorder</li> </ul> <p><b>Activity Ideas:</b></p> <ul style="list-style-type: none"> <li>*Door greeters in the am</li> <li>*Posters with goal-setting tips and inspirational “you can do it”</li> <li>*Host a “comfy cozy” day</li> <li>*Give out stress balls</li> <li>*Teach breathing exercises</li> <li>*Created a designated study area</li> <li>*Focus on positive affirmations and self-talk</li> <li>*Host a yoga or meditation Session</li> <li>*Hand out healthy snacks during exam week</li> <li>*”Hi, How Are You?” Day</li> </ul>	<p><b>Topic Ideas:</b></p> <ul style="list-style-type: none"> <li>→ Relationships (or lack of)</li> <li>→ Consent</li> <li>→ Galentines / Palentines</li> <li>→ Love</li> </ul> <p><b>Activity Ideas:</b></p> <ul style="list-style-type: none"> <li>*Make and hang hearts with every student and staff name and choose a few to place stickers for prizes (scavenger hunt)</li> <li>*Host a game or movie night for people to feel connected and laugh!</li> <li>*Create a compliment wall</li> <li>*Create posters about consent and host a workshop – add information to announcements</li> <li>*Mix it up at lunch day</li> </ul>

March	April	May / June
<p><b>Topic Ideas:</b></p> <ul style="list-style-type: none"> <li>→ Body Image</li> <li>→ Importance of Laughter</li> <li>→ Importance of Sleep</li> <li>→ Spring Fever</li> </ul> <p><b>Activity Ideas:</b></p> <ul style="list-style-type: none"> <li>*Be YOU tiful, Embrace You posters and promote body positivity.</li> <li>*Bring in a motivational speaker</li> <li>*Scheduled nap/relaxation time ;)</li> <li>*Share “dad” jokes in announcements</li> <li>*Host a campus spring clean up</li> </ul>	<p><b>Topic Ideas:</b></p> <ul style="list-style-type: none"> <li>→ Safe Driving</li> <li>→ Sexual Assault Awareness</li> <li>→ Prom</li> <li>→ Inclusion</li> </ul> <p><b>Activity Ideas:</b></p> <ul style="list-style-type: none"> <li>*Cinderella’s Closet with donated prom dresses.</li> <li>*Host a Self-defense class</li> <li>*Host a safe driving speaker / workshop. Local insurance companies may sponsor.</li> <li>*BYOB Bring your Own Banana – Banana Split Ice Cream Bar</li> </ul>	<p><b>Topic Ideas:</b></p> <ul style="list-style-type: none"> <li>→ Graduation</li> <li>→ Finishing Strong</li> <li>→ Exams</li> <li>→ Mental Health Month</li> </ul> <p><b>Activity Ideas:</b></p> <ul style="list-style-type: none"> <li>*Decorate halls for Senior Walk</li> <li>*Stress relief items / snacks for testing days.</li> <li>*Celebrate Successes</li> <li>*Host a Mental Health Summit/Panel/Resource Fair</li> <li>*Create and encourage participation in a gratitude wall</li> <li>*Get outside for lunch!</li> </ul>

**Throughout the Year Ideas**

Wellness Wednesday’s

10 Things you don’t know about me activity for staff -clues each month – bulletin board

Each month choose a Work2BeWell lesson to teach

Find out when the NAMI Walk in your state / region is happening and organize a school/district team!

Talk2BeWell Podcast on Spotify