

# Emotional Wellness Month Action Calendar

# OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		15 Complete the <a href="#">School-Wide Reflections Handout</a> as a school	16 Meet with your leadership team to brainstorm using Reflective Practice	17 Work with your leadership team to complete the <a href="#">Reflective Practice Set</a>	18 Feel Good Friday: Give teachers an extended break if coverage allows	19 Spend quality time with friends & family
20 Prioritize self-care to reset your week	21 Encourage co-teachers to brainstorm a stress management plan	22 Check in on your teachers! Ask if they need help in the classroom	23 Meet with your leadership team to delegate tasks and reduce workload	24 Encourage school-wide 5-minute meditation in or out of the classroom	25 Feel Good Friday: Order lunch for staff if budget allows	26 Enjoy time outdoors walking, biking, or gardening
27 Take a mental health day	28 Invest in <a href="#">Professional Development</a> for your staff to choose from	29 Create a staff purpose board for teachers to write down why they chose this career	30 Turn your break room into a <i>Meditation Room*</i> for teachers	31 Set up <i>Emotional Wellness Goodie Bags*</i> in your break room for teachers		

## Meditation Room:

- Dim the lights and set up flameless candles
- Set out yoga mats and comfy pillows
- Play relaxing music or ambient sounds
- Provide paper and pens for reflecting

## Emotional Wellness Goodie Bags:

- Stress balls or other fidget toys
- Lavender or eucalyptus scented candle
- Stress relief tea
- Sleep mask and ear plugs

