

Monday

Tuesday

Wednesday

Thursday

Friday

Wellbeing Advent Calendar

2nd

Leave a small treat/surprise for someone

3rd

Speak to someone you haven't spoken to for a while

4th

Send/leave a nice message for a colleague

5th

Nominate someone for the Wellbeing Star of the Week

6th

Let someone know how much their support means to you

9th

Compliment someone

10th

Leave work early enough to treat a friend or your family

11th

Have one hour of self-indulgent pleasure tonight!

12th

Sit & eat with someone different at lunch today

13th

Leave a positive note in someone's pigeon hole

16th

Help someone with a task or job

17th

Tell someone what a positive difference they've made to your life this term

18th

Make someone laugh!

19th

Leave a small treat/surprise for someone

20th

Wish someone a Happy Holiday



Academy
Oldbury