

# Roadmap to Wellness

## November - Planning Ahead

### 1. Rational

The semester is almost over! Take this time as a team to prepare resources for students to relieve anxiety as December can be both joyful and stressful for everyone



### 2. Connect to Student Body

- Meet with every club president to plan a coordinated food drive
- Host an attitude of gratitude day
- Plan an event for students who enrolled this month



### 3. Connected Campus

- Plan an “It’s Pie Day” with pumpkin and pecan pie in a central location during each lunch period. Invite staff to come back at a specific time so they see one another.
- Launch your “Ten Things You Don’t Know about Me” activity
- Get the entire staff involved in helping someone else through food drives
- Food baskets for custodians
- Work with counselors to create a calm room or to make anti-stress items for their office
- Plan a wellness fair during lunches



### 4. Connected to Resource

- Post resources on social media, encourage students to reach out for help. Start with [ACCESS](#).
- Nov. 15 is America’s Recycle Day (to reuse, collect gently worn teddy bears, etc.)
  - [Nov. 3 is National Stress Awareness Day](#).
  - [Nov. 13 is World Kindness Day](#).
  - Check out [CharacterStrong](#) and [Dude.Be Nice](#) for resources.



### School To-Do/Checklist:

