



THE NEST
MONDAY-FRIDAY
8AM-4PM

January

WELLNESS CALENDAR

2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THIS MONTH'S THEME

Kindness and self care
Rev



*All activities take place during lunch unless noted otherwise.

1. **VCWC**
W i n t e r B r e a k

6. **NO SCHOOL**

7. **VCWC**
KINDNESS BINGO

8. **Wellness Wednesday**
KIND HEARTS
CALM MINDS

LEAP

9. **VCWC**
NEW YEARS WORD SEARCH

NEXT STEPS GROUP

10. **SOUND BATH**
11:30AM

13. **NEST LEADER LUNCH MEETING**

THE NEST IS CLOSED DURING LUNCH

14. **VCWC**
RELAX AND PUZZLE

15. **'LATE START**
Wellness Wednesday
AROMA THERAPY

LEAP

16. **VCWC**
CREATE YOUR OWN BINGO CARD

17. **MINIMUM DAY SCHEDULE**
BOARD GAMES

20. **FINDING NEMO**
EXPLORES THEMES OF GRIEF, ANXIETY, INDEPENDENCE, RESILIENCE, AND THE IMPORTANCE OF SUPPORTIVE RELATIONSHIPS—ALL OF WHICH ARE DEEPLY RELEVANT TO MENTAL HEALTH.

21. **VCWC**
KINDNESS BRACELETS

22. **'LATE START**
Wellness Wednesday
FUZZY BUDDIES

LEAP

23. **VCWC**
FINDING NEMO
EXPLORES THEMES OF GRIEF, ANXIETY, INDEPENDENCE, RESILIENCE, AND THE IMPORTANCE OF SUPPORTIVE RELATIONSHIPS—ALL OF WHICH ARE DEEPLY RELEVANT TO MENTAL HEALTH.

NEXT STEPS GROUP

24.
9-9:45A 11A-11:48A
SAGA & ATHLETES IN ACTION LUNCH MEETING
THE NEST IS CLOSED DURING LUNCH

27.
9-9:45A 11A-11:48A
JUNIOR CLASS MEETING

THE NEST IS CLOSED DURING LUNCH

28. **VCWC**
MINDFUL COLORING

29. **'LATE START**
Wellness Wednesday
NEST LEADER MEETING AM

LEAP CHALK & TALK WITH KINDNESS

30. **VCWC**
KINDNESS IS FREE ASSEMBLY X2
KINDNESS STONES

31. **KINDNESS IS FREE @QUAD**

Kindness IS FREE