STATE SOCIAL

"A person who never made a mistake never tried anything new." -Albert Einstein.

Students know it's okay to make mistakes, so long as you pick yourself back up and try again.

MONDAY

TUESDAY

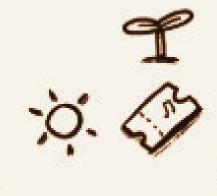
WEDNESDAY

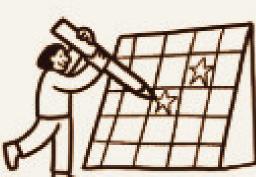
THURSDAY

FRIDAY

SATURDAY

SUNDAY





Find three things to look forward to this year

Make time today to do something kind for yourself

Do a kind act for someone else to help brighten their day

Write a list of things you feel grateful for and why

Look for the good in others and notice their strengths

Take five minutes to sit still and just breathe

Learn something new and share it with others

Say positive things to the people you meet today

Get moving. Do something active (ideally outdoors)

Thank someone you're grateful to and tell them why

Switch off all your tech at least an hour before bedtime

Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

Try out something new to get out of your comfort zone

Plan something fun and invite others to join you

Put away digital devices and focus on being in the moment

Take a small step towards an important goal

24

Decide to lift people up rather than put them down

Choose one of your strengths and find a way to use it today



27 Challenge your negative thoughts and look for the upside

Ask other people about things they've enjoyed recently

28

Say hello to a neighbour and get to know them better

See how many people you can smile at today

31 Write down your hopes or plans for the future





ACTION FOR HAPPINESS

Happier · Kinder · Together





New things can help you feel happier and more rewarded by releasing dopamine, the feel-good chemical. It can also help you adapt to change, reduce stress, and create new brain connections.

Flexibility

New things can help you become more flexible and open to new opportunities. It can also help you break out of ruts and avoid becoming mentally or physically stagnant.

Growth

New things can help you grow by forcing you to take new actions, adopt new attitudes, or think in new ways.

Courage

New things often requires courage, which can be a benefit in itself.

Unique opportunities

New things can lead to unique opportunities in your career and personal life. Fresh perspectives

New things can help you open your eyes to new perspectives on the world.

