



January



2026

MONDAY - FRIDAY
8AM-4PM

WELLNESS CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONTHLY THEME

Love

Kindness and Self-care



1

2

Winter
Break

*All activities take place during lunch unless otherwise noted.
Every Wednesday, activities will take place in the quad

5

NO SCHOOL



6

SELF-CARE MIRROR



CLINICAS

7

KINDNESS & SELF-CARE BEADS



LIFT

8

JOURNALING



CLINICAS

9

VISION BOARD



CLINICAS

12

MINDFUL SAND ART



12

ZEN GARDEN



CLINICAS

Wellness Wednesday

14 *LATE START

STRESS BALL BUDDIES



LIFT

15

SWS MEETING
9-11:30 AM
LIMITED AVAILABILITY

THE BLIND SIDE



CLINICAS

CINEMA

16

VCOE PEER EVENT ALL DAY



IN THE BLIND SIDE, WE SEE HOW KINDNESS AND COMPASSION SUPPORT & EMOTIONAL WELLNESS FOR EVERYONE, SHOWING THAT CARING FOR OTHERS AND OURSELVES GO HAND IN HAND.

CLINICAS

19

HOLIDAY!
NO SCHOOL



20

FRIENDSHIP BRACELETS



CLINICAS

Wellness Wednesday

21 *LATE START

NEST LEADER MEETING AM



KINDNESS STONES



LIFT

22

SOUNDBATH PER.2 11-11:48PM



WORD SEARCH



CLINICAS

23

SAGA
9:15A & 11AM

GAME DAY



CLINICAS

26

SAGA
9:15A & 11AM

KINDNESS ACTIVITY



27

KINDNESS ACTIVITY

IT'S COOL TO BE KIND



CLINICAS

28 *LATE START

NEST LEADER MEETING AM



KINDNESS ACTIVITY



LIFT

29

KINDNESS ACTIVITY

keep CALM & be KIND



CLINICAS

30

KINDNESS ACTIVITY

Be Kind



CLINICAS

GREAT KINDNESS CHALLENGE WEEK ★ WE ARE IN THE QUAD ALL WEEK! ★



LUNES - VIERNES
8AM-4PM

Enero

CALENDARIO BIENESTAR



LUNES

MARTES

MIERCOLES

JUEVES

VIERNES

TEMA DEL MES



Amabilidad y Autocuidado



Todas las actividades se realizan durante el almuerzo, a menos que se indique lo contrario. Todos los miércoles, las actividades se llevarán a cabo en el quad.

1

2

Vacaciones de Invierno

5

NO HAY CLASSES!

6

ESPEJITO DE BIENESTAR

CLINICAS

7

CUENTAS DE AMABILIDAD Y AUTOUIDADO

LIFT

8

DIARIO

CLINICAS

9

TABLERO DE VISIÓN

CLINICAS

12

ARTE DE ARENA CONSCIENTE

13

JARDIN ZEN

CLINICAS

Willness Wednesday

14 *LATE START

PELOTITAS DE ANTI-ESTRÉS

CLINICAS

LIFT

15

JUNTA DE SWS
9-11:30 AM
DISPONIBILIDAD LIMITADA

THE BLIND SIDE

CLINICAS

CINEMA

16

EVENTO DE LIDERES VCOE TODO EL DÍA

IN THE BLIND SIDE, WE SEE HOW KINDNESS AND COMPASSION SUPPORT & EMOTIONAL WELLNESS FOR EVERYONE, SHOWING THAT CARING FOR OTHERS AND OURSELVES GO HAND IN HAND.

CLINICAS

19

NO HAY CLASSES!

20

PULSERAS DE AMISTAD

CLINICAS

Willness Wednesday

21 *LATE START

JUNTA DE LIDERES AM

PIEDRAS DE AMABILIDAD

CLINICAS

LIFT

22

BAÑO DE SONIDO

PER.2 11-11:48PM

SOPA DE LETRAS

CLINICAS

23

SAGA
9:15A & 11AM

DIA DE JUEGO

CLINICAS

26

SAGA
9:15A & 11AM

ACTIVIDAD DE AMABILIDAD

27

ACTIVIDAD DE AMABILIDAD

IT'S COOL TO BE KIND

CLINICAS

28 *LATE START

JUNTA DE LIDERES AM

ACTIVIDAD DE AMABILIDAD

CLINICAS

LIFT

29

ACTIVIDAD DE AMABILIDAD

keep CALM & be KIND

CLINICAS

30

ACTIVIDAD DE AMABILIDAD

Be Kind

CLINICAS

EL GRAN DESAFÍO DE LA AMABILIDAD ★ ¡ESTAREMOS EN EL QUAD TODA LA SEMANA! ★