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### ELSA Wellbeing Calendar 2023

12 x A3 Posters to display with a monthly focus and lots of room to write important dates

### ELSA Wellbeing Yearbookmarks

12 BOOKMARKS WITH POSITIVE AFFIRMATIONS IN COLOUR AND THE SAME IN BLACK AND WHITE

### ELSA Wellbeing Desk Calendar



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# Wellbeing Year Ambitious August

<b>Monthly focus</b>	To set achievable goals	<b>Resources</b>	Make a wish card or use a toy wand  Make your wishes come true worksheet
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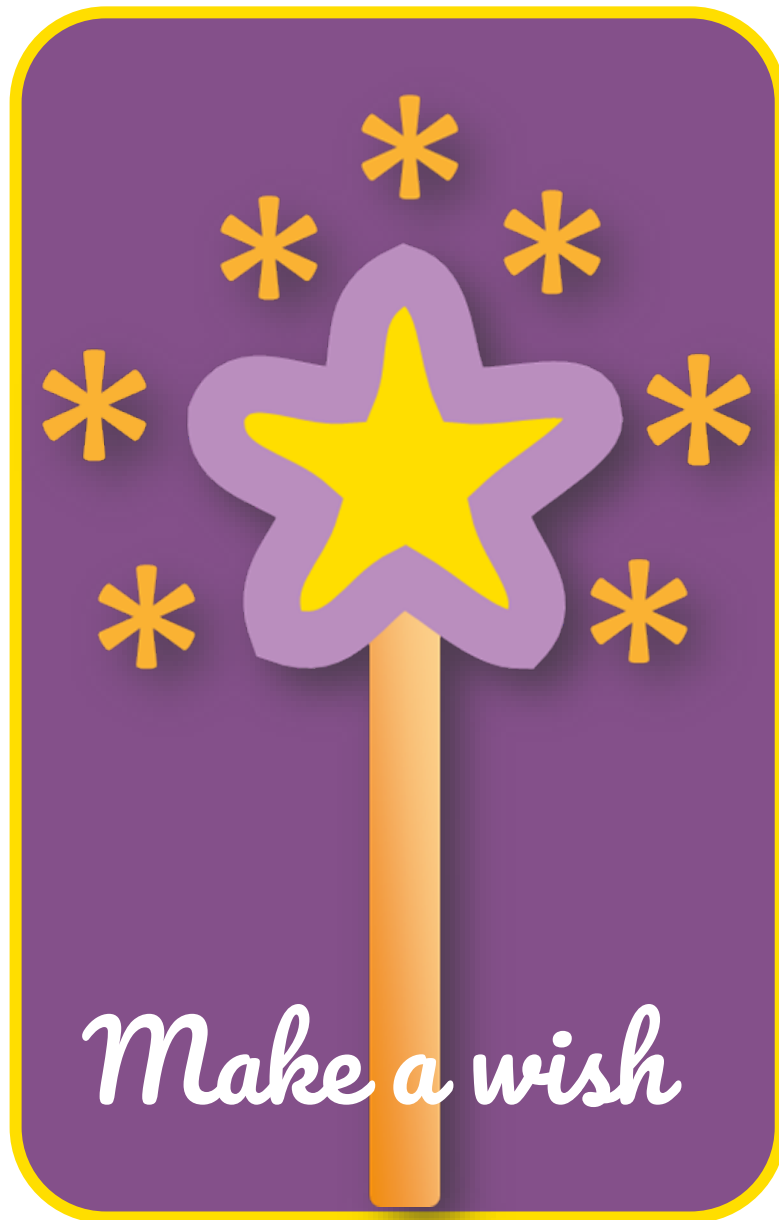
Run the group as a circle time. This would work for a small group or for larger groups too.

<b>Warm up Make a wish</b>	Use the wishing wand to make wishes. Pass the card around the circle (or use a toy wand) What do they wish for. At this point it can be anything at all.
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<b>Activity</b>	<p>This month's focus is on setting achievable goals. It is about being ambitious and making yourselves achieve things in life.</p> <p>Goals often start from a wish. You all passed a wand around the circle and made wishes. Some wishes are achievable, but some aren't. Can anyone think of a wish that is achievable? Can anyone think of a wish that isn't achievable?</p> <p>Let's look at achievable wishes (goals) these are things that you know you can achieve if you want to. It might take time, it might take hard work but it can definitely be done.</p> <p>Think about a wish for yourself, something you want to do but you can't do it now. Can anyone share their wish?</p> <p>Take pupil's answers.</p> <p>If you write down your goals, you are much more likely to do them. Here is a worksheet where you can write some of your goals down. Do you think you can achieve them?</p>
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<b>Review</b>	What have you learnt today? Do you think you will be able to set some goals for yourself?
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Make a wish



# Make your wishes come true!

What are some of the wishes for yourself? What do you want to be able to do? The first step in setting goals is to write them down. You are much more likely to do them that way. Write down an achievable goal in each cloud. You can tick them off when you have done them.

