



Darell Primary School



Wellbeing Newsletter November 2025

Antibullying Week 2025: Monday 10th – Friday 14th November

The theme for Anti-Bullying Week 2025 is Power for Good.

Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Odd socks day marks the start of antibullying week. It takes place on Monday 10th November.



November wellbeing tips:

The holiday season is almost upon us. While this time of year is meant to be joyful, it can make many of us feel overwhelmed, which can lead to stress, anxiety, and physical and emotional exhaustion. From gift shopping to holiday get togethers to hosting out-of-town guests, our normal routines and daily habits may be disrupted over the next two months. Here are 4 tips to consider that can help bring some balance back in your life during the holidays.



Prioritise sleep and self-care - It's important to listen to your body and get the rest you need during the holidays. Sleep is crucial to keeping your immune system strong. It allows your mind and body to recharge, helping you to maintain a healthy weight, and even regulate your mood.

Stay physically active - It can be tempting to skip the gym when you are pressed for time. Maintain your regular exercise schedule but opt for shorter workouts with a little more intensity.

Take advantage of fresh seasonal foods -

There are plenty of fruits and vegetables that peak in fall. Some healthy and delicious choices are Brussels sprouts, pumpkin, winter squash, sweet potatoes, cauliflower, carrots, celery, nuts, apple, clementines, and figs. Fueling your body the right way will give you the energy you need to enjoy all that the holiday season has.



Wellbeing Activity: Wellbeing Bingo

Use this wellbeing bingo activity to see how many little acts of self care you have done through out the week and to be conscious of more things you could do to improve your mental health. You could even create your own bingo that's more suited to your everyday life.

well being bingo FOR KIDS

Laugh out loud	Listen to a meditation	Do a yoga pose	Say self affirmations
Paint or draw	Pick some flowers	Do 'ten breaths'	Help someone
Make a gratitude diary	List your talents	Make a mind glitter jar	Squeeze a teddy
Sing a song	Sit in silence and breathe	Have a warm bath	Go for a walk
Draw your happy place	Pop bubble wrap	Play a sport	Make someone laugh

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New Ways November 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Get outside and observe the changes in nature around you	Sign up to join a new course, activity or online community	Change your normal routine today and notice how you feel	Try out a new way of being physically active	Be creative. Cook, draw, write, paint, make or imagine	Plan a new activity or idea you want to try out this week	Make a list of new things you want to do this month
2	Be curious. Learn about a new topic or an inspiring idea	Choose a different route and see what you notice on the way	Find out something new about someone you care about	Do something playful outdoors - walk, run, explore, relax	Find a new way to help or support a cause you care about	Build on new ideas by thinking "yes, and what if..."	Respond to a difficult situation in a different way
3	Try a new way to practice self-care and be kind to yourself	Connect with someone from a different generation	Broaden your perspective: read a different genre, magazine or site	Make a meal using a recipe or ingredient you've not tried before	Learn a new skill from a friend or share one of yours with them	Find a new way to tell someone you appreciate them	When you feel you can't do something, add the word "yet"
4	Share with a friend something helpful you learned recently	Use one of your old strengths in a new or creative way	Try out a different radio station or new TV show	Join a friend doing their hobby and find out why they love it	Discover your artistic side. Design a friendly greeting card	Enjoy new music today. Play, sing, dance or listen	Look for new reasons to be hopeful, even in tough times

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