

Classroom Calendar and Activity Cards

The Famli calendar and activity cards combination is a powerful tool for promoting engagement and wellbeing with the Famli app both in the school and at home, alongside Famli's class brain breaks. By providing students with opportunities to choose activities that promote relaxation and self-care, you empower them to take an active role in managing their own emotional and mental health.

Simple steps to use this resource in your class:

- 1) Print out the calendar and activity cards below.
- 2) Display the calendar somewhere visible in your classroom.
- 3) Cut out the cards, stack them, and have them near the calendar.



Ideas for the class to encourage Famli app home engagement:

Random Selection:

Invite students to choose an activity card at random from a designated location, such as a jar or box. This allows for spontaneity and excitement as students discover which activity they will be doing at home. Rotate who selects the card each day to ensure everyone has a chance to participate.

Class Vote:

Present several activity cards to the class and have students vote on which activity they would like to do at home. This encourages collaboration and decision-making skills while giving students a sense of ownership over their learning experience.

Teacher's Choice:

Select an activity card yourself based on the needs and interests of the class. This allows you to tailor the activity to fit specific learning objectives or address areas of focus, ensuring relevance and engagement for all students.

 Then write the activity chosen to do at home in the Famli Wellbeing Calendar.

Using the Famli app for individual students in school:

Emotional Regulation:

Teach students how to use activity cards as a tool for emotional regulation. When a student is feeling stressed, anxious, or overwhelmed, they can choose an activity to help them calm down and refocus their energy. They can then complete this activity in school via the Famli app.

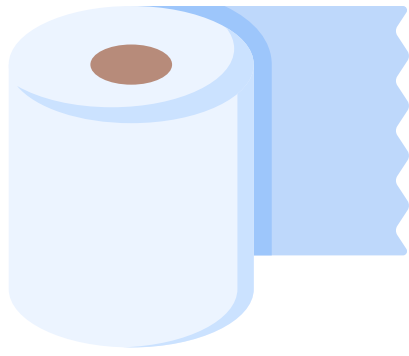


Monthly Wellbeing Calendar



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				





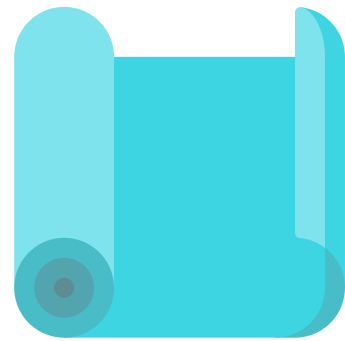
**Balancing
Roll**
Exercise



Flamingo
Exercise



**Counting
Hearts**
Exercise



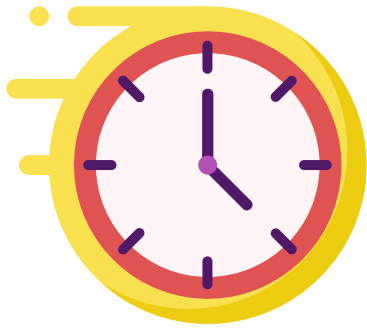
Let's Pose
Exercise



Turbo Burn
Exercise



Speedy Sweat
Exercise



Rapid Circuit

Exercise



Superhero Training

Exercise



Walk the Plank

Exercise



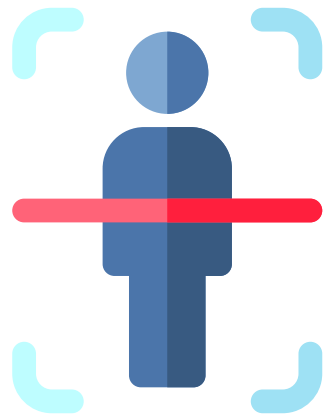
Thankfulness

Relaxation



Self Belief

Relaxation



Scan Senses

Relaxation



Farm Animals

Relaxation



The Old Oak Tree

Relaxation



Famlo the Elephant

Relaxation



The Sleepy Ladybird

Relaxation



Cloud Explorer

Relaxation



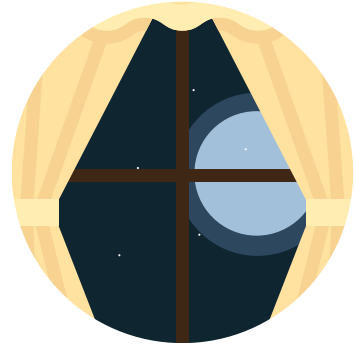
Night Under the Stars

Relaxation



Forest Animals

Relaxation



Little Explorer

Relaxation



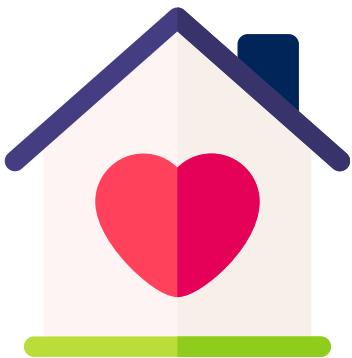
The Sleepy Sloth

Relaxation



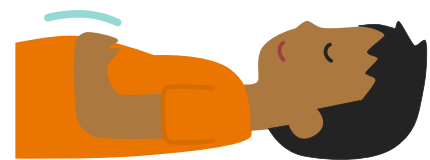
The Sleepy Seahorse

Relaxation



Gratitude

Relaxation



Belly Breathing

Relaxation



Back to Back

Relaxation



Best Friend

Relaxation

**More Activities
Cards Coming
Soon!**