

GUIDE

MONTH-BY-MONTH WELLNESS WINS

Small steps for a healthier, happier year.

Simple steps to boost wellness, mindfulness, and joy all year long. Each month offers an easy habit to help your team feel balanced, connected, and cared for.

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alpaca



A YEAR OF HEALTHY WINS

This resource makes it easy to focus on wellbeing all year long—one simple habit at a time. Each month highlights a small, doable action that builds energy, connection, and calm across your team.

From gratitude walks and stretch breaks to snack swaps and joy jars, these mindful moments remind educators to pause, breathe, and care for themselves in the middle of busy days.

By making wellness visible and approachable, this resource helps your school culture grow stronger, steadier, and more supportive—one month, one habit, and one moment of mindfulness at a time.

Try it for a single month or use it all year long—whatever best fits your team.





LEADER TIPS & DIRECTIONS

Step 1: Introduce the Habit: At the start of each month, announce the new habit at a staff meeting, morning huddle, or in your weekly email.

- Share the “why” behind the habit so it feels meaningful, not like one more thing to do.

Step 2: Post Visual Reminders: Print and hang the calendar page in common spaces (lounge, copy room, office doors).

- Add a digital version to your staff newsletter or shared drive for easy access.

Step 3: Encourage & Model: Join in yourself! When leaders participate, staff feel more comfortable doing the same.

- Keep it lighthearted—participation is what counts, not perfection.

Step 4: Celebrate Together: Set up a fun “shoutout” board or digital Padlet where staff can share their wins. Recognize efforts in staff meetings: “This week we had 20 teachers join the gratitude walk!”

- Offer small tokens of appreciation (coupons, snack passes, a shoutout in announcements).

Step 5: Reflect & Reset: At the end of each month, invite staff to share highlights or tips they enjoyed.

- Use this feedback to keep the next month's habit fresh and motivating.



MONTHLY HABIT IDEAS

- **January:** Hydration Boost Week (track daily water intake, staff water bottle shoutouts)
- **February:** Random Acts of Kindness Month (secret notes, small gestures, kindness kudos board)
- **March:** Tech-Free Time (encourage unplugged breaks, screen-free lunch zone)
- **April:** Gratitude Walks (take 10-minute outdoor breaks, share what you're grateful for)
- **May:** Stretch Breaks (start staff meetings with quick stretch demos)
- **June:** Celebrate Sleep (share tips, set boundaries for healthy rest)
- **July:** Joy Jars (drop in happy moments, share at month's end)
- **August:** Lunch Away Challenge (step out of the classroom/office to recharge)
- **September:** Steps Challenge (track walking goals together)
- **October:** Healthy Snack Swap (bring and share simple, nourishing snacks)
- **November:** Gratitude Notes (write thank-yous to colleagues)
- **December:** Mindful Moments (2 minutes of calm breathing before the day begins)

Hydration Boost

Celebrate hydration wins together all month!

What it is: Staying hydrated keeps your energy steady, your focus sharp, and your mood balanced. A simple sip can make a big difference in how you feel throughout the day.

Leader Script: This month's healthy habit is all about hydration! Let's challenge ourselves to drink more water each day. Refill your bottles, share your favorite ways to flavor water, and encourage each other to stay refreshed and energized.



TRY THIS:

Make hydration fun by setting up a friendly water challenge or "refill tracker" in the lounge. Celebrate progress with small shout-outs or prizes for consistency!

Random Acts of Kindness

Sprinkle Kindness Everywhere

What it is: Small acts of kindness can lift spirits, build belonging, and strengthen your school family. Simple gestures — like a kind note, word of encouragement, or shared snack — remind everyone they matter.

Leader Script: This month, let's share small acts of kindness — a note, a smile, or a surprise treat. Every gesture makes our community brighter and every act of kindness counts. Let's see how many smiles we can spark together!



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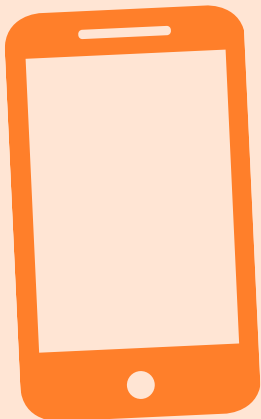
Keep kindness visible! Create a small "Kindness Corner" or bulletin board where staff can post notes of appreciation or shout-outs. Seeing gratitude in action inspires others to join in.

Tech-Free Time

Unplug to Reconnect

What it is: Step away from screens to give your brain a break and connect in real life. Short pauses from tech can spark creativity, ease stress, and make room for real conversations.

Leader Script: March is our tech reset month! Let's build in short tech-free breaks throughout the day — even five minutes makes a difference. Use that time to stretch, chat with a colleague, or simply take a few deep breaths.



TRY THIS:

Model mindful tech habits by keeping devices out of meetings or greeting staff in person instead of by email. Your presence sets the tone for the whole team.

Take a Gratitude Walk

Move with Gratitude

What it is: A walk and a moment of thanks can refresh your mind, lift your mood, and help you see the good around you. Stepping outside for a few minutes of fresh air and reflection can turn an ordinary day into something uplifting.

Leader Script: April's habit combines movement and mindfulness. Let's take gratitude walks — even short ones — and notice what's going well. Invite a colleague to join you, or pause solo to reset and refocus before heading back inside.



TRY THIS:

Create a "Gratitude Wall" where staff can post what they noticed or appreciated during their walks. Seeing shared moments of gratitude can brighten the whole building.

Stretch Breaks

Stretch, breathe, and reset together.

What it is: A few mindful stretches can ease tension, boost energy, and improve focus. Taking just a minute to move helps reset your body and mind — especially during busy days.

Leader Script: This month, we're building in small stretch breaks. Let's move, breathe, and make our days a little lighter together. Encourage staff to stand, stretch, or shake it out whenever they need a quick reset.



TRY THIS:

Start staff meetings with quick stretch demos, host a Friday Flex Break in the lounge, or post easy stretch cards around the building to inspire movement throughout the day.

Rest Well, Feel Well

Rest, recharge, and feel your best.

What it is: Sleep isn't a luxury—it's a superpower for focus, patience, and joy. Prioritizing rest helps your body recharge and your mind stay clear, setting you up for calmer, more productive days.

Leader Script: June's all about rest. Let's cheer for bedtime routines, screen-free evenings, and good sleep habits! Encourage your team to protect their rest time, unplug before bed, and celebrate the power of a good night's sleep.



TRY THIS:

Model the message! Avoid sending late-night emails and share your own rest routines. A culture that values rest helps everyone show up refreshed and ready to thrive.

Joy Jar

Collect the Good Stuff

What it is: Capture joyful moments — big or small — and keep them close. Writing down the good things helps shift focus toward gratitude and reminds us how much positivity fills our days.

Leader Script: This month, we're making Joy Jars! Write down little moments that made you smile and watch the joy add up. Invite your team to decorate their jars, add notes throughout the month, and share a few favorite moments together at the end.



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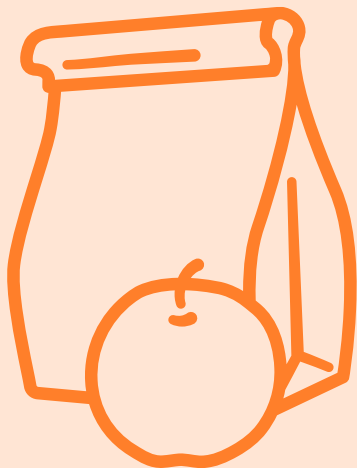
Place a shared Joy Jar in the staff lounge so everyone can contribute and read each other's happy moments — it's a simple way to spread smiles schoolwide.

Lunch Away Challenge

Step Away and Recharge

What it is: Take your lunch away from your workspace — you deserve a true break. Stepping away helps you reset, refocus, and return with more energy and creativity for the rest of the day.

Leader Script: August's challenge: enjoy lunch away from your desk! Refuel, laugh, and connect — your brain will thank you. Use lunchtime to recharge with colleagues, build relationships, or simply enjoy a few quiet moments to yourself.



TRY THIS:

Step out of the classroom or office to recharge, share a photo of your favorite lunch spot, or set up "No Work Talk" tables for fun, lighthearted conversation.

Steps Challenge

Move More, Feel Better

What it is: More steps mean more energy, focus, and fun! Moving your body throughout the day boosts mood, reduces stress, and helps everyone feel their best — one step at a time.

Leader Script: September is our Steps Challenge! Let's move together — take the long route, park farther away, or join a walking group. The goal isn't perfection, it's progress. Every step adds up to a healthier, happier school community.



TRY THIS:

Start a Walking Club before school with students, track your steps as a class or staff, or end the month with a group walk or dance break!

Healthy Snack Swap

Snack Smart, Feel Great

What it is: Simple swaps can fuel your body, boost focus, and brighten your day. Choosing balanced snacks keeps energy steady and helps everyone power through the busy school day with a smile.

Leader Script: This month we're sharing snack inspiration! Let's bring our favorite healthy bites to swap, taste, and try. From fruit and nut mixes to protein-packed treats, every small change adds up to feeling our best.



TRY THIS:

Bring snacks to share, add your favorites to the "Smart Snack Shelf," or post go-to recipes for others to try. Make it fun with a tasting table or friendly vote for "Staff Snack of the Month."

Gratitude Notes

Share Your Thanks

What it is: A short note of gratitude can have a lasting impact. Taking time to recognize and thank others strengthens relationships, boosts morale, and reminds everyone that their efforts matter.

Leader Script: November's all about appreciation. Let's take time to write gratitude notes to colleagues who make our days brighter. A few thoughtful words can spark connection and spread warmth across our school community.

TRY THIS:

Provide thank-you notes for staff to fill out, deliver them with a small treat or sticker, or spotlight gratitude messages in your staff newsletter. Keep the kindness going all month long by encouraging everyone to send at least one note a week.



Mindful Moments

Pause for Peace

What it is: Small pauses can bring calm, clarity, and connection. Taking a mindful moment helps reset your body and mind, especially during the busy holiday season. Even a short pause to breathe or reflect can make the whole day feel lighter.

Leader Script: December invites us to slow down and be present. Take a few mindful moments each day to breathe, notice, and recharge. Encourage your team to step away from the rush, find quiet corners of calm, and appreciate the little joys of the season.



TRY THIS:

Start the day with two minutes of calm breathing, share a list of "10 Mindful Moments to Try," or host a cozy Peace & Cocoa gathering to unwind together before break.

JANUARY

Hydration Boost



HYDRATION BOOST

January 2026

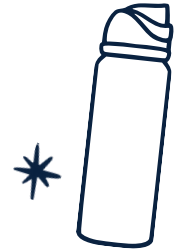
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SIP, SIP, HOORAY!



Thanks for staying hydrated
and modeling healthy habits.
Keep that water bottle close —
your body (and brain!)

YOU'VE BEEN CAUGHT... HYDRATING



Thanks for making wellness
part of your workday.
Refill and keep it flowing!

YOU'RE A HYDRATION HERO!



Small habits make a big
difference — thanks for
keeping wellness in motion
this month.

WAY TO MAKE A SPLASH!



You're rocking the
hydration challenge —
keep sipping and shining!

FEBRUARY

Random Acts of Kindness



KINDNESS KUDOS:





KINDNESS KUDOS:





KINDNESS KUDOS:





KINDNESS KUDOS:







Stretch Breaks





SHOULDER ROLLS

"Roll With It"

Slowly roll your shoulders forward five times, then back five times. Feel the tension melt away.



ARM CIRCLES

"Make your Own Breeze"

Extend your arms out and draw small circles forward, then backward. Ten circles each direction does the trick!



NECK STRETCH

"Look Both Ways"

Tilt your head gently to one side, hold for five seconds, then switch. Add a slow yes/no nod for extra relief.



SEATED TWIST

"Untangle and Unwind"

While sitting, place your right hand on the back of your chair and gently twist to the right. Repeat on the left.



STANDING SIDE REACH

"Reach for the Sky"

Stand tall, raise your arms overhead, and lean to each side. Breathe deeply and lengthen your spine.



WRIST BREAK

"Desk Break Deluxe"

Stretch your arms forward, make loose fists, and roll your wrists in circles-five each direction.



HAMSTRING STRETCH

"Touch Some Toes"

From standing, hinge at your hips and reach toward your toes. Soften your knees and let your head hang.



FIGURE-4-STRETCH

"Sit, Cross, and Chill"

While seated, cross one ankle over your opposite knee and gently press down. Switch sides after ten seconds.

JULY

Joy Jar





SHARE YOUR JOY!



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SHARE YOUR JOY!



SHARE YOUR JOY!

OCTOBER

Healthy Snack Swap



SMART SNACK SHELF



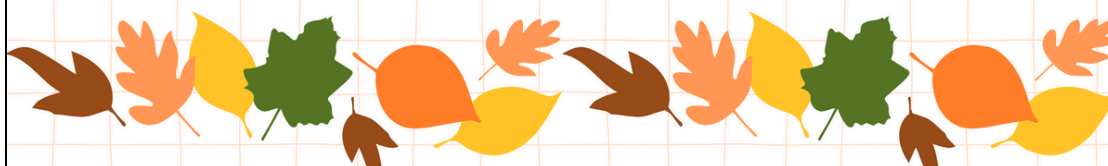
NOVEMBER

Gratitude Notes

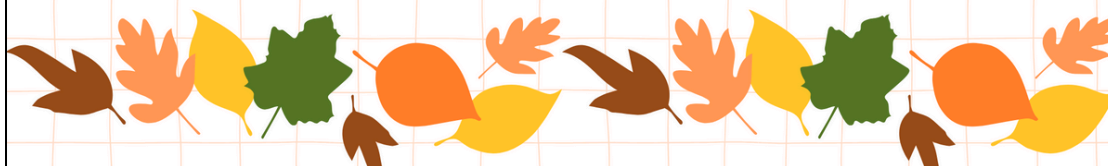




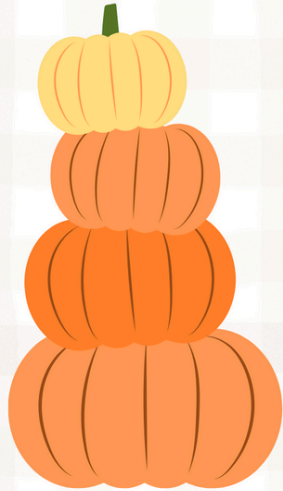
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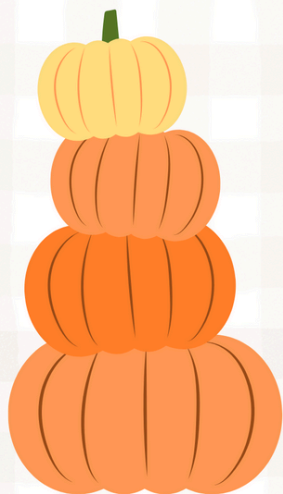
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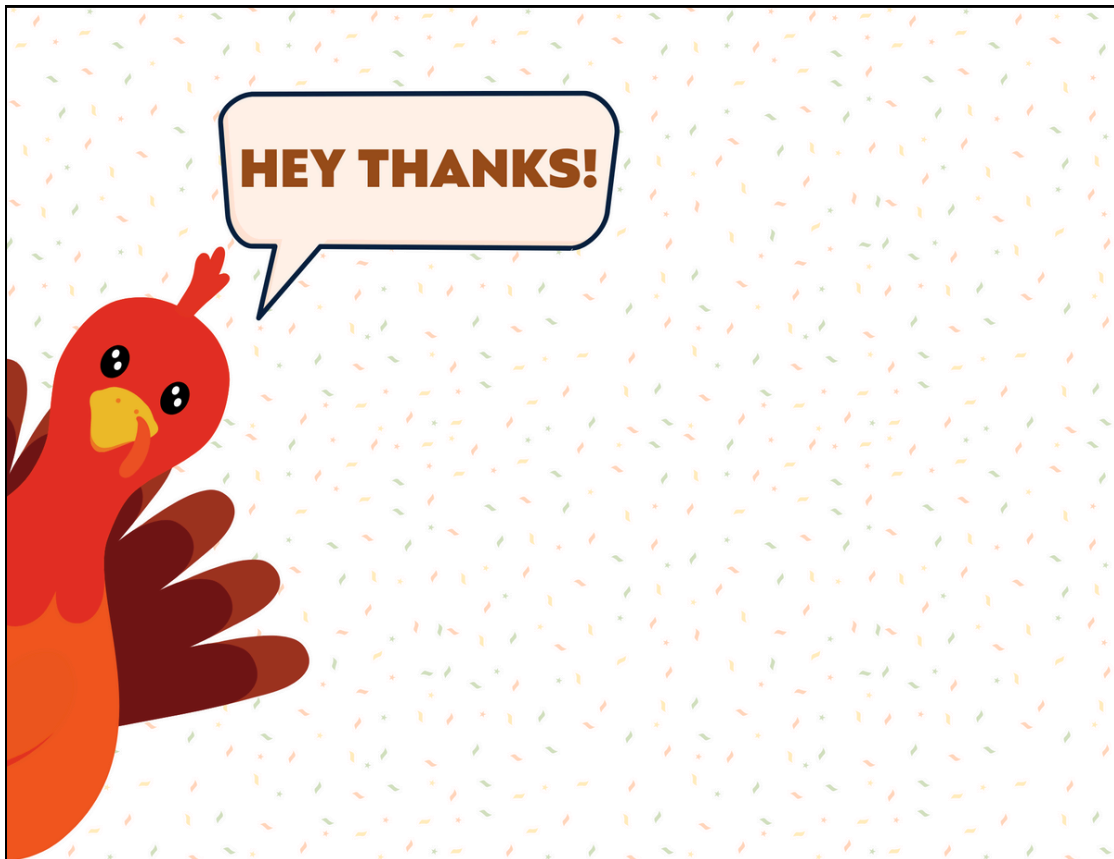
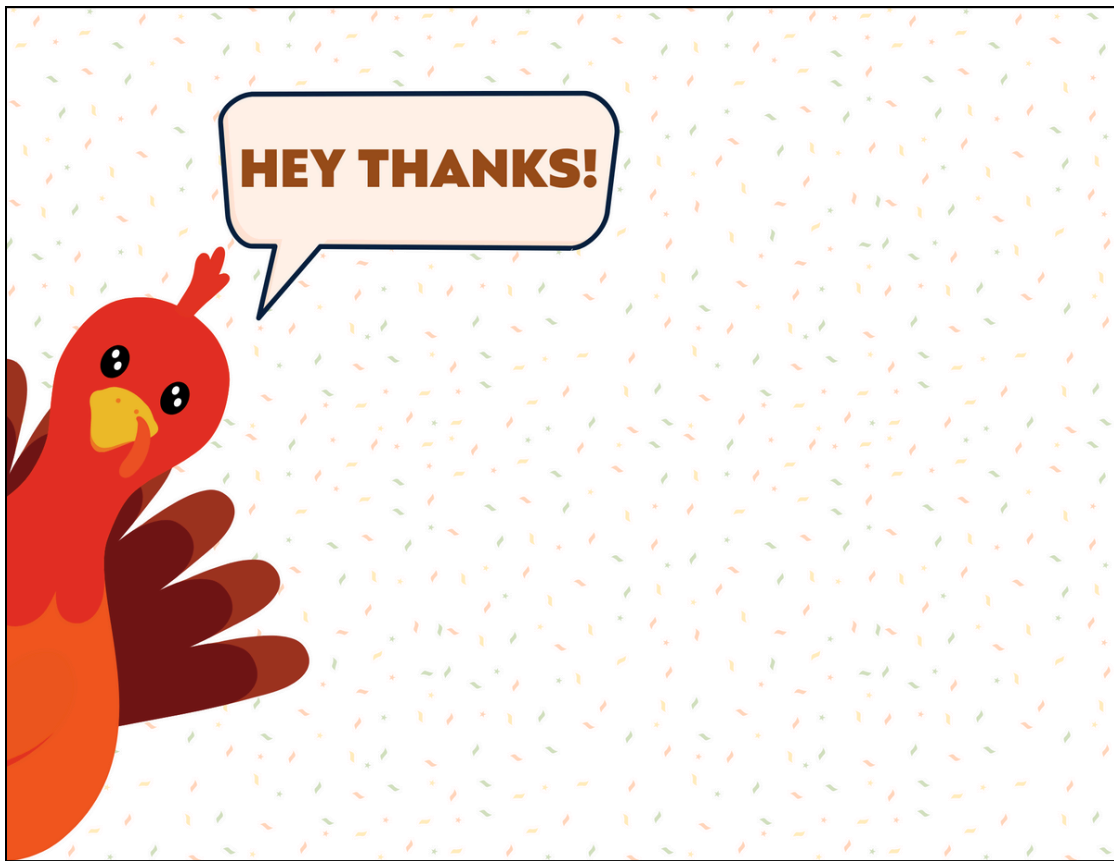


Thank you for all your support!



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OUR SCHOOL IS BETTER
BECAUSE OF YOU!



OUR SCHOOL IS BETTER
BECAUSE OF YOU!



KUDOS:





KUDOS:





KUDOS:





KUDOS:





HIGH FIVE!
YOU'RE AWESOME!



HIGH FIVE!
YOU'RE AWESOME!



HIGH FIVE!
YOU'RE AWESOME!



HIGH FIVE!
YOU'RE AWESOME!



DECEMBER

Mindful Moments



10 Mindful Moments

1. Two-Minute Breathing Reset: Inhale for four counts, exhale for six. Repeat three times.

2. Hot Drink Pause: Take three slow, intentional sips of coffee, tea, or cocoa.

3. Sound Check: Notice three sounds in your environment.

4. Five Senses Scan: Identify one thing you can see, hear, smell, touch, and taste.

5. Gratitude Breath: Inhale gratitude, exhale tension.

6. Shoulder Drop: Shrug shoulders up on the inhale, drop them down on the exhale. Repeat twice.

7. Mindful Hand Wash: Pay attention to water temperature, texture, and scent.

8. Nature Window: Spend one quiet minute noticing the view outside.

9. Micro-Meditation: Repeat a calming word like "peace" or "calm" for one minute.

10. End-of-Day Exhale: Pause at your door, breathe deeply, and set an intention for rest.

WE'RE SO GLAD YOU'RE HERE!

Thanks for downloading this resource—at [Alpaca](#), we're on a mission to **make school the happiest place to work**.



Tried an activity?

Send a photo or a staff testimonial to [our team](#), and we'll send you a coffee on us!



Got an idea brewing?

We love co-creating with school leaders—[drop us a line](#) with any resource ideas you'd love to see next.



Explore more!

Check out our [full resource library](#) for creative, ready-to-use tools to support you and your team.



SEE HOW ALPACA WORKS

Beautiful surveys, delightful care packages, and real insights on teacher wellbeing—everything you need to lead with confidence, all in one simple solution. [Book a quick demo!](#)

COLLABORATION

BUILT BY EDUCATORS, FOR SCHOOL LEADERS

This resource was created in collaboration with dedicated educators and school leaders who brought their experience, ideas, and insight to every step of the process. We're grateful for their partnership in building tools that truly make a difference in schools.



Megan Rogers

Teacher
Omaha, NE