

Pleasant Events Calendar for Students

STRATEGY: *Students learn to care for themselves by planning enjoyable activities to combat stress and anxiety.*



Instructions:

1. Distribute a physical (or electronic/virtual) calendar for the current month to all students.
2. Encourage students to think about and write down a list of activities that they enjoy doing. These can include hobbies, things they do by themselves, or things they do with friends and/or family.
3. Ask students to think about their weekly schedule and how often they do those activities. If they do not do them regularly, encourage students to schedule one or two of those activities into their upcoming week.
4. In a week (or an appropriate time frame), check in with students, and ask if they were able to schedule their pleasant activity into their week. How did it go? What did they do last week? What's the best time of day to schedule fun activities?

Source:  Greater Good in Education
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS



Related Research: [Effects of Mindfulness Group on Students](#)

[\[Click here to access the full set of instructions.\]](#)