

# School Connection Calendar

Connection doesn't have to be big or time-consuming – small moments can make a meaningful difference to our mental health and wellbeing, one day at a time.

Mental Health Month October 2026

| Mon                                                                                                                                                                   | Tues | Wed | Thur | Fri | Sat                        | Sun |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----|------|-----|----------------------------|-----|
| <p>This calendar includes a range of prompts and activities designed to encourage connection with others, ourselves, community, culture, and the world around us.</p> |      |     | 1    | 2   | 3                          | 4   |
|                                                                                                                                                                       |      |     | 8    | 9   | World Mental Health Day 10 | 11  |
|                                                                                                                                                                       |      |     | 15   | 16  | 17                         | 18  |
|                                                                                                                                                                       |      |     | 22   | 23  | 24                         | 25  |
|                                                                                                                                                                       |      |     | 29   | 30  | 31                         |     |
| 5                                                                                                                                                                     | 6    | 7   |      |     |                            |     |
| 12                                                                                                                                                                    | 13   | 14  |      |     |                            |     |
| 19                                                                                                                                                                    | 20   | 21  |      |     |                            |     |
| 26                                                                                                                                                                    | 27   | 28  |      |     |                            |     |

For more tips & information about how *A Little Connection Goes a Long Way*, scan the QR code.



Wayahead®



# High School Calendar Cut-outs

Mental Health Month October 2026



Cut out each daily activity or write your own and place them on the calendar to create your own personalised Mental Health Month calendar.



**Share a nice message with a friend.**  
Write or type it!

**Give someone a compliment**  
It could be about their energy, skills, kindness, or anything else you admire.

**Ask a friend how they're really going**  
and take the time to listen.

**Say hello to someone new.** It doesn't need to be a long conversation, sometimes a simple "hi" can make someone's day.

**Take a photo of something that reminds you of a friend** and share it with them.

**Celebrate a small win,** your own or someone else's.

**Go outside,** notice something in nature you've never really paid attention to, and write or sketch what you see.

**Check in on someone** who seems quiet today.

**Invite someone sitting alone** to sit with you for lunch.

**World Mental Health Day**  
Learn a fact about mental health and share it with someone.

**Learn something new** about your own culture or someone else's culture.

**Tell someone 3 things** that you like about them.

**Ask someone,** "What was the best part of your day?"

**Write down or draw** how you're really feeling today.

**Share your current favourite song with someone** and explain why you like it.

**Write or draw a thank you note** for someone who did something nice for you.

**Pass on a smile.** Smile at someone and see if it gets passed along.

**Write or draw 3 people** you can go to during a tough time for some help or a hug.

**Say thank you to someone who helps others** such as a librarian, classmate, teacher or family member.

**Offer to help someone** with a task, packing up, or explaining something.

**Place your hand on your belly or heart.** Take a deep breath in and then slowly breathe out.

**Notice the positive** and tell someone something they did well today.

**Random hi-five game.** Give people hi-fives throughout the day.

**Share one thing you're grateful for** with a friend, family member, or your class.

**Go for a walk with a friend.** Stretch your legs, have a chat, and share a laugh.

**Kindness in action.** Do something helpful for a classmate.

**Connect to Country.** Learn about a local plant or animal and try to spot it when you're outside.

**Team up with someone different today** and learn something new about them.

**Share your story.** Tell a friend something about your weekend, family, hobbies, or interests.

**Ask someone, "Are you okay?"** if you notice that they're not themselves today.

**Break the ice** by saying hello to five people you see today.

