

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
This calendar includes a range of prompts and activities designed to encourage connection with others, ourselves, community, culture, and the world around us.			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®



Primary 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. Tell them or draw on paper.

Say thank you to someone who helps others – maybe a friend, teacher, cleaner, or family member.

Ask someone, “What was the best part of your day?”

Make a cool handshake with a friend, sibling or trusted adult.

Do something helpful for someone in your class.

Ask someone, “What is your favourite snack of all time?”

Share a kind word. Find someone you look up to and tell them that you think they are cool.

Write a kind note or draw a picture for someone you think is awesome.

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

World Mental Health Day 10
Learn a fact about mental health and share it with someone.

Ask someone, “Are you okay?” if you see them sad.

Tell someone they did a good job at something they did today.

Draw a picture of your favourite place, people, or pet. You can share it with a teacher or the class.

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

Smile to someone new. Smile at someone and see if you can become friends.

Find something outside in nature that you like and draw or write about why you liked it.

Give someone a high-five for something they did well.

Walk and talk. Go for a walk with a friend and talk about things you like.

Cheer someone on during a game, activity, or challenge.

The “hi-five” game. Go around and hi-five as many people as you can in 30 seconds.

Finish this sentence: Today, I helped someone by...

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

Find someone who likes the same animal as you.

Try something new with a friend even if it feels a little hard to do at first.

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

Invite someone sitting alone to sit with you for lunch.

Start a game at lunchtime and call it “New Friends Club”. Try to make as many new friends as you can!

Think about what makes you feel happy and tell someone about it.

Tell someone 3 things that you like about them.

Include someone new in a game or group activity.

Draw how you feel today.