

HEALTH, SAFETY AND WELLBEING CURRICULUM - EXAMPLE



This document provides examples of how you can plan your 2025 well-being curriculum. Using the template provided, complete this form with a month-by-month plan for your organisation.

JANUARY

'I will make this happen, I achieve my goals!'
Resilience

FEBRUARY

'Getting the best out of me, starts in the kitchen!'
Nutrition

MARCH

'Saying yes to this and no to that!'
Work-life balance

APRIL

'And... take a deep breath'
Mindfulness senses exercise

MAY

'Sure, I understand that!'
People skills

JUNE

'Looking after the balance, I can do this'
Money management

JULY

'Getting out and about is the best!'
Exercise

AUGUST

'To click or not to click!'
Online safety

SEPTEMBER

'Looking after me and my colleagues around me'
Mental Health

OCTOBER

'Green your home!'
Being mindful of what we use

NOVEMBER

'How do we see ourselves?'
Self esteem

DECEMBER

'Lets try that, It will help'
Lifelong learning