

Optimistic October with Action for Happiness

"Optimism is not about ignoring challenges; it is about recognising our strengths, valuing our connections, and believing that positive change is possible. Through small daily actions, we can build a happier, healthier and more connected school community together." 💙 ✨

This October, we are joining **Action for Happiness' Optimistic October** challenge, focusing on small daily actions that help us look forward with hope, positivity, and resilience. Through simple wellbeing activities and reflections, you are all encouraged to take moments to notice the good, celebrate achievements, strengthen connections, and approach challenges with an optimistic mindset. Together, we can create a supportive and uplifting school community where wellbeing is valued and everyone has the opportunity to thrive.

"Small positive actions can make a big difference to our wellbeing." 💙

☀️ Daily Optimism Activities

😊 Three Good Things

At the end of each day, write down:

- Three good things that happened today
- Why they happened
- How they contributed to them

This helps shift focus towards positive experiences and achievements.

💙 Gratitude Wall

Create a staffroom display where colleagues can add:

- Thank you messages
- Positive observations
- Appreciation for colleagues' support

🌈 Optimism Jar

Place a jar in the staffroom and encourage staff to add:

- Positive moments
- Success stories
- Kind acts witnessed
- Things they are looking forward to

Read a few out during meetings or at the end of the month.

Building Positive Connections

Coffee and Connect

Spend 10 minutes with a colleague they do not usually work with. Prompt questions:

- What has made you smile this week?
- What are you proud of this month?
- What are you looking forward to?

Secret Sunshine

Allocate everyone a colleague to anonymously leave positive notes or small acts of kindness for throughout the month.

Personal Wellbeing Activities

Best Possible Self

Ask others to spend a few minutes imagining: *"If everything went as well as possible over the next year, what would that look like?"*

Encourage each other to write down your hopes and aspirations.

Optimism Walk

Invite colleagues to take a short walk and actively notice:

- Three things they appreciate
- Three signs of progress
- Three things that give them hope

Positive Reframing Challenge

Encourage yourselves to think about a challenge and ask:

- What can I learn from this?
- What is within my control?
- What might go well?

Positivity Chain

Each act of kindness or positive action adds a paper link to a chain displayed in the staffroom. Watch it grow throughout October.

OPTIMISTIC OCTOBER

Supporting Staff Wellbeing Through Small Positive Actions

This Month's Wellbeing Challenge

Take a few moments each day to focus on optimism, gratitude and connection. Small actions can have a big impact on our wellbeing, resilience and happiness.

WEEK 1: LOOKING FOR THE GOOD

Focus: Noticing Positive Moments

- ✓ Set a positive intention for the week
 - ✓ Thank a colleague for their support
 - ✓ Take a walk and notice three things that make you smile
 - ✓ Add a message to the Gratitude Wall
 - ✓ Share one success from your week
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WEEK 2: BUILDING CONNECTIONS

Focus: Strength Through Relationships

- ✓ Check in with a colleague
 - ✓ Leave an anonymous positive note
 - ✓ Have a coffee and conversation with someone new
 - ✓ Add a positive memory to the Optimism Jar
 - ✓ Share positive news from your classroom or team
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WEEK 3: FOCUSING ON STRENGTHS

Focus: Celebrating What We Do Well

- ✓ Reflect on a challenge you've overcome
 - ✓ Write down three strengths you bring to work
 - ✓ Take 10 minutes for yourself
 - ✓ Compliment a colleague's strengths
 - ✓ Celebrate a personal achievement
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WEEK 4: HOPE AND LOOKING AHEAD

Focus: Positive Futures

- ✅ Set a goal for the remainder of the year
 - ✅ Reflect on something positive you've learned
 - ✅ Complete a "Best Possible Self" reflection
 - ✅ Share something you are hopeful about
 - ✅ Record your three best moments from October
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OPTIMISM BOOSTERS

-  Give a compliment
 -  Take a mindful tea or coffee break
 -  Step outside for fresh air
 -  Share a smile
 -  Practise gratitude
 -  Reflect on what went well
 -  Celebrate small wins
 -  Connect with a colleague
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Remember...

Optimism isn't about ignoring challenges. It's about recognising strengths, finding possibilities, supporting one another and believing that positive change is possible.

Together, let's make October a month of positivity, kindness and wellbeing. 

Optimistic October 2026



ACTION FOR HAPPINESS

MONDAY



5 Be a realistic optimist. See life as it is, but focus on what's good

12 Look out for positive news and reasons to be cheerful today

19 Identify one of your positive qualities that will be helpful in the future

26 Find a new perspective on a problem you face

TUESDAY



6 Remind yourself that things can change for the better

13 Ask for help to overcome an obstacle you are facing

20 Find joy in tackling a task you've put off for some time

27 Be kind to yourself today. Remember, progress takes time

WEDNESDAY



7 Look for the good in people around you today

14 Do something constructive to improve a difficult situation

21 Let go of the expectations of others and focus on what matters to you

28 Ask yourself, will this still matter a year from now?

THURSDAY

1 Write down three things you can look forward to this month

8 Make some progress on a project or task you have been avoiding

15 Thank yourself for achieving the things you often take for granted

22 Share a hopeful quote, picture or video with a friend or colleague

29 Plan a fun or exciting activity to look forward to

FRIDAY

2 Find something to be optimistic about (even if it's a difficult time)

9 Share an important goal with someone you trust

16 Put down your to-do list and do something fun or uplifting

23 Recognise that you have a choice about what to prioritise

30 Identify three things that give you hope for the future

SATURDAY

3 Take a small step towards a goal that really matters to you

10 Take time to reflect on what you have accomplished recently

17 Take a small step towards a positive change you want to see in society

24 Write down three specific things that have gone well recently

31 Set a goal that brings a sense of purpose for the coming month

SUNDAY

4 Start your day with the most important thing on your to-do list

11 Avoid blaming yourself or others. Find a helpful way forward

18 Set hopeful but realistic goals for the days ahead

25 You can't do everything! What are your three priorities right now?



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