

WHAT HELPS US CAMPAIGN PLANNING CALENDAR

Example



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Meeting 1 Define & Identify	Create a Feelings Wheel Challenge on Social Media...			Create a collage of...
		Wheel Wednesday			
2	...Continue Feelings Wheel Challenge				
	...items that help				
3	Meeting 2 Reflect & Share	Wheel Wednesday		Create What Helps...	
		...Us videos			
5	Meeting 3 Explore & Expand	Complete Wellness Plans as a classroom assignment...			Wheel Wednesday
		...Continue Wellness Plans as classroom assignment			
7	Meeting 4 Celebrate & Evaluate	Wheel Wednesday			