

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

M



A

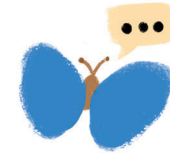


Y



1

Look for something positive to say to everyone you see today



2

Write down 3 things you're good at!

- 1)
- 2)
- 3)

3

Take a break from digital devices and practice active listening with the people around you

4



Have a virtual hang out with someone who might need a friendly face!

5

Offer up hugs to your loved ones!



6



Do something kind for a neighbor

7

Draw a picture of a happy memory



8



Say thank you for the acts that go unnoticed

9

Write about how you're feeling today and name the emotions

-
-
-

10

Read a picture book about a character that changes for the better



11



Practice mindful breathing throughout the day

4 second inhale,
4 second exhale

12

Do a fun exercise today!



13

Take 15 minutes to write down your worries.

Talk about them with an adult and problem solve together!

14



Find a healthy recipe and cook that meal together with your family!

15

Go for a walk, how many different things do you notice using all 5 senses?



16

List 3 adjectives that mean "angry"

- 1)
- 2)
- 3)

Monday

17

Draw a portrait of someone you admire and tell them why you admire them



Tuesday

18



Have a family dance party!

Wednesday

19

Practice yoga for 15 minutes (follow a video or do your own poses)



Thursday

20

Write down 5 things you are grateful for

- 1)
- 2)
- 3)
- 4)
- 5)

Friday

21

World Meditation Day: Choose your favorite "mindful" activity!



Saturday

22

Watch a short video without the sound. Try guessing how characters are feeling by watching their facial expression and body language



Ask each member of your family how many hours they slept last night. How is their mood and energy level today?

Sunday

23

24

Eating with your eyes shut. Does food taste different?



25



Sing a song with your family. Start with a sad intonation, finish with a happy intonation!

26

Ask each member of your family what smell makes them feel calmer



27

List 3 adjectives that mean "happy"

- 1)
- 2)
- 3)

28

Ask each member of your family what makes them feel joy!



29

Look at yourself in the mirror and say 3 things you are proud of



30



National Water a Flower Day: get outside and water a flower or plant!

31



Write and send a letter to a friend or relative

Notes:

