

WELL-BEING CALENDAR

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Choose One Action Card per Day

Paint a picture for someone special

Write down 3 things that you are grateful for

Help with housework without being asked

Call to check up on your grandparents

Give out 5 compliments to others

Take a photo of something you find lovely

Go for a 30 minute walk

Notice something positive about yourself

Compliment a family member

Prepare a snack or meal for your family

Send a nice text message to someone

Clean out a cluttered drawer

Do an online yoga video

Do a random act of kindness

Write down what made you happy today

Read a book or comic

Make a list of DIY interests that you can learn online

Tell your loved ones that you love them

Do something you love

Sit and focus on mindful breathing for 10 minutes

Write a short story or a poem

Chat with a relative over phone or video call

Stay off of all digital devices for one day

Make a fun craft of your choice

Go on a nature walk

Learn something about a new topic

Find a few items to donate to a food bank

Play a board game with your family