



Spring Wellness Calendar

"You are braver than you believe, stronger than you seem, and smarter than you think." -AA Milne, Winnie the Pooh

Each day, choose a wellness activity to complete. Feel free to repeat an activity you enjoy!

Make a list/Draw pictures of 3 things that bring you joy and make you happy	Mindful Minute: Go outside and close your eyes for one minute. What do you hear? How do you feel?	Write a letter to someone who may be feeling lonely. Let them know you're thinking of them	Play emotions charades. Can your family guess the emotions you act out?	Take deep breaths and identify 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste
Write/Draw three things you are Grateful for today	Make a list or Draw emojis for all the emotions you can think of. Can you think of 10?	Write/draw about something you can't do YET, but want to get better at	Mindful Minute: write a note to someone you are grateful for	Write 5 Positive Words that describe you
Practice saying I feel ____ and I need _____. For example, I feel <u>sad</u> , and I need <u>a hug</u>	Go outside for at least ten minutes- take some deep breaths	Give 10 compliments: "I like the way you..." "I appreciate you for..." "You are..."	Talk to someone about one worry you have and one thing that you are looking forward to	Make a piece of art (drawing, painting, etc.) and give it to someone in your house
Use your breathing tool today... practice taking deep breaths in any way that works for you	Show your Greatness by smiling at everyone today, even your pet!	If things get too confusing, use your Quiet/Safe place tool and find calm	Invite your family to go have a picnic if it's a sunny day	Do 10 jumping jacks and notices if your body feels better