




May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mental Health Month!						1 Spend less time sitting today. Get up and move more often.
2 Catch up with a friend, or meet them for a walk.	3 Day 4 Listen to your favorite music and dance like no one's watching!	4 Day 5 Go to bed 30 minutes earlier!	5 Day 6 Unfollow negative social media accounts.	6 Day 1 Write down 5 things you feel grateful for in life and why!	7 PD Day No school Talk to a friend or your pet today!	8 Donate something you never use.
9 Notice 5 things that are beautiful in the world outside! <i>Mother's Day</i>	10 Day 2 Walk a different route today and see what you notice!	11 Day 3 Forgive yourself for what you couldn't do today, and resolve to try again tomorrow!	12 Day 4 Take 10 minutes to read.	13 Day 5 Pause to just watch the sky or clouds for a few minutes today!	14 Day 6 Relax your body & mind with yoga, or meditation!	15 Schedule a games night and have a phone-free night!
16 Do 3 acts of kindness to help others, however small!	17 Day 1 Listen deeply to someone and really hear what they are saying!	18 Day 2 Get active today by singing your favourite songs (even if you think you can't sing!)	19 Day 3 Take a full breath in and out before you reply to others!	20 Day 4 Notice how you speak to yourself. Try to use kind words!	21 Day 5 Give your body a boost by laughing or making someone laugh!	22 Send a letter, text or message to someone you can't be with!
23 Get natural light early in the day. Dim the lights in the evening.	24 Victoria Day No School Focus on eating a rainbow of multi-coloured veggies today!	25 Day 6 Take an extra break in your day and walk outside for 15 minutes!	26 Day 1 Thank 3 people you're grateful to and tell them why! Or compliment someone!	27 Day 2 Eat healthy and natural foods today and drink lots of water!	28 Day 3 Take 5 minutes to sit still and breathe. Repeat regularly!	29 Notice 5 things that are beautiful in the world around you!
30 Try a 5 minute meditation!	31 Day 4 Take time to connect with nature today. Notice the beauty that surrounds us!					