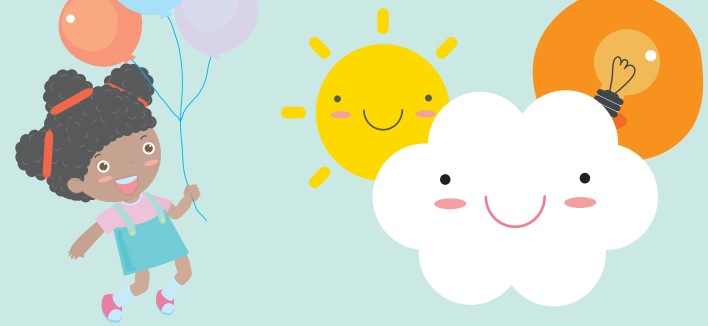


Prep - Year 3 |

Wellbeing calendar

May

31 actions to look after ourselves and each other.



PERMAH

Find out more

- Positive Emotions
- Engagement
- Relationships
- Meaning
- Accomplishment
- Health

4 MONDAY
Do something to care for the planet

5 TUESDAY
Eat food that makes you feel good and really savour it

6 WEDNESDAY
Share photos of three things you find meaningful or memorable today

7 THURSDAY
Count your blessings: list the kind things others have done for you

1 FRIDAY
Make a list of 3 things that you feel hopeful about

2 SATURDAY
Sing and dance
▶ Watch online

3 SUNDAY
Do something meaningful for someone you really care about

11 MONDAY
Wear something unusual and enjoy looking different

12 TUESDAY
See how many people you can smile at today

13 WEDNESDAY
Go outside and do something playful - walk, run, explore, relax

14 THURSDAY
Make a list of things you are looking forward to

15 FRIDAY
Spread a bit of happiness by doing kind things for others

16 SATURDAY
Get outside, look at the sky and feel connected to the natural world

17 SUNDAY
Enjoy doing any chores or tasks more mindfully

18 MONDAY
Make gifts to give people who are feeling lonely

19 TUESDAY
Get a good night's sleep
▶ View online

20 WEDNESDAY
Notice the things you do well today, however small

21 THURSDAY
Make a thoughtful gift as a surprise for someone

22 FRIDAY
Take five minutes to sit and breathe

23 SATURDAY
Notice all the amazing wonders in the world around you

24 SUNDAY
Decide to be kind to others and yourself

25 MONDAY
Learn something new or do something creative

26 TUESDAY
Do something which you know will make you feel good

27 WEDNESDAY
Notice nature
▶ View online

28 THURSDAY
Be thankful for your food and the people who made it possible

29 FRIDAY
Go on a kindness mission - give your time to help others

30 SATURDAY
Listen to a piece of music without doing anything else

31 SUNDAY
Smile at the people with you and try to brighten their day



Find support

- Kids Helpline 1800 55 4636 www.kidshelpline.com.au
- eHeadspace www.eheadspace.org.au
- Lifeline 13 11 14 www.lifeline.org.au
- Parentline 1300 301 300 www.parentline.com.au
- Head to Health www.headtohealth.gov.au

- Beyond Blue Coronavirus Mental Wellbeing Support Service 1800512 348 www.coronavirus.beyondblue.org.au
- Domestic and Family Violence – DV CONNECT 1800 811 811 www.dvconnect.org
- Talk to your General Practitioner

At school

School Guidance Counsellor support



▶ For more information visit www.actionforhappiness.org