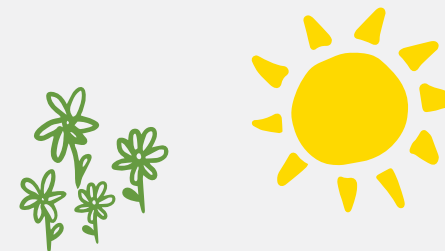


Year 4 - 6 I

WELLBEING CALENDAR

May



>>>>>>>>> 31 ACTIONS TO LOOK AFTER OURSELVES AND EACH OTHER. <<<<<<<<<<<



P E R M A H

▶ Find out more

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

4 MONDAY
Do an act of kindness to make life easier for someone else

5 TUESDAY
Water some flowers or plants in your garden
>>>>>>>>>

6 WEDNESDAY
Make a list of things you are looking forward to

7 THURSDAY
Learn something new or do something creative

8 FRIDAY
Recall three things that you are really proud of

9 SATURDAY
Find a caring, calming phrase to say to yourself when feeling low

10 SUNDAY
Get a good night's sleep
▶ View online

11 MONDAY
Do something to make life easier for someone else

12 TUESDAY
Leave positive messages where you will see them regularly

13 WEDNESDAY
Find a fun way to do an extra 15 minutes of physical activity

14 THURSDAY
Think of 3 things that give you hope for the future
>>>>>>>>>

15 FRIDAY
Be creative today - cook, draw, write, paint, make or inspire

16 SATURDAY
Get outside and notice five things that are beautiful

17 SUNDAY
Eat healthy food that really nourishes you

18 MONDAY
Thank someone and tell them how they made a difference for you

19 TUESDAY
Ask a friend what good things have happened to them recently

20 WEDNESDAY
Plan a fun or exciting activity to look forward to
>>>>>>>>>

21 THURSDAY
Do something that makes your soul sing

22 FRIDAY
Gaze up at the stars and see that we are part of something bigger

23 SATURDAY
Look around and spot 3 things you find unusual or pleasant

24 SUNDAY
Try to bring a smile to as many people as possible

25 MONDAY
Write a gratitude letter to thank someone for what they did

26 TUESDAY
Learn to say a word or phrase in three different languages

27 WEDNESDAY
Find positive stories in the news and share with others

28 THURSDAY
Go outside and find joy in doing something active

29 FRIDAY
Ask yourself "What's the best that can happen?"

30 SATURDAY
Have a device-free day and enjoy the space it offers

31 SUNDAY
Write down your most important goals this month

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

SCHOOL SUPPORT

School Guidance Counsellor support



▶ For more information visit
www.actionforhappiness.org