



April: Covid Calmness Calendar



30 actions to help you look after yourself. Please share with your friends!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Stay hydrated, and eat plenty of healthy food to boost your immune system.	2 Electronically check in with a friend/ family member to see how they are going!	3 Get active. Pick an exercise (sit-ups?) you would like to get better at and see what your max is. This is your PB.	4 Try watching a new TV series that you might not have usually watched.
5 Take five minutes to focus on your breathing. Repeat throughout the day.	6 Get active. Try to improve on your PB of last week. (Again, sit-ups?)	7 Share how you are going with a teacher to get some extra help.	8 Find positive stories online, or on the news. Share with at least 3 people.	9 Try to write down a goal you would like to achieve by the end of 2020.	10 Get active. Try to beat your record of the one exercise from Monday.	11 Electronically check in with a friend/ family member to see how they are going!
12 Electronically check in with a friend/ family member to see how they are going!	13 Get active. Try to improve on your PB of last week. (Again, pushups?)	14 Try to listen to a podcast on a topic that interests you.	15 Be extra nice to a sibling or parent.	16 Get a good sleep/ no screens before bed, or when waking up.	17 Get active. Try to beat your record of the one exercise from Monday.	18 Play a board game you enjoyed when you were younger.
19 Have a technology free day and draw something- maybe a family member?	20 Get active. Try to improve on your record of last week.	21 Try to cook a new recipe with the help of someone at home.	22 Electronically check in with a friend/ family member to see how they are going!	23 Eat your favourite food. Eat it slowly to enjoy all of it.	24 Get active. Try to beat your record of the one exercise from Monday.	25 Find some new music that makes you feel happy.
26 Connect with nature. This can even be done by looking through a window. Watch life.	27 Get active. Try to improve on your record of last week.	28 Send a letter to someone you cannot be with currently at home.	29 Find a positive quote and share it with a friend.	30 Make a sculpture out of recycled products.		



**“Never underestimate the power you have to take your life in a new direction.”
— Gemany Kent**