

NME May "Self-Care" Calendar 2020-2021

SUN	MON	TUE	WED	THU	FRI	SAT
ENCOURAGE	LOW-STRESS	HOBBIES	EMPATHY	REFLECT	FEELINGS	1 BREATHE Download the (free) Smiling Minds app . Try a few exercises.
2 Decorate a gratitude jar . Start 10 slips. Try to add a slip once a week.	3 Assemble a sensory bag . Describe how each item feels.	4 Have your own paint and sip! Find a paint tutorial and a fun drink recipe .	5 Create a list of acts of kindness . Try to complete at least 5.	6 Choose 3 journaling prompts on self-esteem and confidence to complete.	7 Create emotion bottles . Get creative with the materials.	8 Enjoy a walk outside . Take pictures of objects that are the colors of the rainbow.
9 Choose 5 positive affirmations . Decorate signs with them to put up in the house.	10 Find a new podcast to listen to.	11 Choose a family-favorite movie, and enjoy a movie night!	12 Complete a partner art activity .	13 Put together a self-collage . Ask your scholar questions about themselves as you work.	14 Visit your favorite place. Identify objects that match how you feel .	15 Try a yoga video . Notice your breathing and heartbeat.
16 Use sidewalk chalk to write positive messages for you or your neighbors!	17 Make a sensory bottle , and enjoy the stress-reducing object all year long.	18 Try stargazing! Use a map to help you identify constellations.	19 Complete a community service project .	20 Create a vision board . Reward yourselves when you reach your goals.	21 Play Feelings Jenga for a twist on the classic game.	22 Draw your breath . Try different exercises and see how it changes.
23 <i>Video chat with a relative/friend Make a cheer with our Mantra</i> 30	24 <i>Have a dance party! Bake some treats!</i> 31	25 Find one activity you have never tried. Try it!	26 Write a letter to a friend. Use prompts to get you started.	27 Download and complete a self-awareness worksheet .	28 Discuss how characters are feeling while reading at home. Read at least 30 min.	29 Try the raisin exercise . Repeat with 2 other foods. Notice your breathing.

MAY 2021

**DO SOMETHING
TODAY THAT YOUR
FUTURE SELF WILL
THANK YOU FOR.**