

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

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