

March Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2.	3.	4. Smile at someone today	5. Do a random act of kindness today
6. Listen to music and dance if you want	7. Play a game with a friend	8. Think about 2 things that went well for you today	9. Do 25 jumping jacks with a family member	10. Try to limit your screen time today	11. Do 60 seconds of arm circles front and back	12. Spend time outside today
13. Try to do 15 pushups or sit ups	14. Hold a plank while counting to 100	15. Draw a picture of something that makes you happy	16. Write your feelings out in a journal	17. Try a new fruit or vegetable today	18. Try some yoga poses	19. Tidy up your room
20. Spend time in the sun and fresh air	21. Listen to a song you love	22. Do 25 front lunges on each leg.	23. Close your eyes, breathe in through your nose and when you blow out, hiss like a snake 3 times	24. Read a book	25. Drink lots of water	26. Write a thank you note
27. Get a good night's sleep	28. Bring a healthy snack to school	29. Go for a walk outside.	30. Prepare a gift or special surprise for someone	31. Pick one of your favorite days and do it AGAIN!		

--	--	--	--	--	--	--