

# 30-Day Wellbeing Calendar



Write a list of three things you're grateful for and why.

Take time away from social media and electronic devices.

Try a new dance routine or take part in class that interests you.

Organise a game night or movie marathon with friends or family.

Reflect on three things you like about yourself and write them down.

Start a creative project or challenge yourself to learn a new artistic skill.

Listen to your favourite songs.

Spend time outdoors and connect with nature, go for a walk or bike ride.

Eat something healthy, try mindful eating by chewing slowly, and paying attention to your food.

Perform random acts of kindness throughout the day, like as making a drink for someone.

Learn something new, a language, coding, or play a sport you've always wanted to try.

Journal about your thoughts, feelings, and experiences.

Explore meditation or relaxation apps and try different guided sessions.

Offer your time and skills to help your friends or a classmate.

Begin the day with gentle stretching to wake up your body.

Ask for help from a friend, family member or teacher.

Go for a walk and observe the details of your surroundings.

Tell a family member or friend about your day.

Have a go at expressive arts like writing poetry or creating a short film.

Tidy your living space and declutter to create a more calm space.

Add wind down and screen free time before going to bed to improve your sleep quality.

Watch something that makes you laugh, a comedy show, stand up comedian or a funny video.

Practice deep breathing exercises like box breathing to calm the mind and reduce stress.

Practise active listening and deep conversations when speaking to people.

Take regular breaks during study sessions to stretch and move.

Write a letter to someone you appreciate.

Read a book that interests you.

Give a friend or family member a compliment.

Reflect on your achievements and challenges over the past month.

Celebrate how far you've come this last month in prioritising your well-being.