

ALL ABOUT PARENT / CARER WELLBEING AUGUST 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Take a walk in nature	2 Plant some seeds 
3 Draw or paint with your non-dominant hand	4 Read your favourite fairy tale from childhood	5 Give someone a big hug	6 Play a board game 	7 Watch a funny film or comedy	8 Lay on the grass and watch the clouds	9 Take a bath with bubbles, candles and music
10 Collect and paint some stones or shells	11 Make a daisy chain 	12 Download and use a mindfulness app	13 Walk barefoot on the grass	14 Copy out an inspiring quote, poem or piece of prose	15 Look at the stars 	16 Dance to a favourite tune 
17 Sleep for at least 8 hours every day this week	18 Write 3 things you would like to achieve this 	19 Sew some buttons, sequins or patches on old clothes to brighten them up	20 Sing really loudly in the shower	21 Put your hand on your heart and say something kind to yourself	22 Contact a friend to say hello	23 Engage in a random act of kindness
24 Hug a tree 	25 Set your alarm for school wake up time 	26 Go to bed at the time you would on a school night	27 Lie on your back and take 10 deep breathes	28 Eat an icecream even if it is raining	29 Get a hair cut 	30 Look through the old photos on your phone (or in a box) 
31 Download the Action for Happiness September calendar 	https://www.actionforhappiness.org/					