This 4-week Well-Being Calendar encourages you to choose and act on one Action Card a day that positively benefits yourself as well as others.

1. Pin up the Well-Being Calendar or stick it on your fridge. Cut out the Action Cards and store in a small box.
2. Choose one Action Card to do for the day.
3. Once you complete the Action Card for the day, tape or glue it onto the Well-Being Calendar.

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<tr>
<th>Day 7</th>
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<tbody>
<tr>
<td>Chat with a relative over phone or video call</td>
<td>Paint a picture for someone special</td>
<td>Notice something positive about yourself</td>
<td>Write down what made you happy today</td>
<td>Stay off of all digital devices for one day</td>
<td>Make a fun craft of your choice</td>
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WELL-BEING CALENDAR
<table>
<thead>
<tr>
<th>Choose One Action Card per Day</th>
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<tbody>
<tr>
<td>Go for a 30 minute walk</td>
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<tr>
<td>Take a photo of something you find lovely</td>
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<tr>
<td>Stay off of all digital devices for one day</td>
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<tr>
<td>Go on a nature walk</td>
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<tr>
<td>Find a few items to donate to a food bank</td>
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<tr>
<td>Learn something about a new topic</td>
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<tr>
<td>Make a fun craft of your choice</td>
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<tr>
<td>Chat with a relative over phone or video call</td>
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<tr>
<td>Write down what made you happy today</td>
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<tr>
<td>Notice something positive about yourself</td>
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<td>Write a short story or a poem</td>
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<tr>
<td>Play a board game with your family</td>
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<tr>
<td>Make a list of DIY interests that you can learn online</td>
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<tr>
<td>Read a book or comic</td>
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<tr>
<td>Take a photo of something you find lovely</td>
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<tr>
<td>Send a nice text message to someone</td>
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<tr>
<td>Tell your loved ones that you love them</td>
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<tr>
<td>Go on a nature walk</td>
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<tr>
<td>Learn something about a new topic</td>
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<tr>
<td>Make a fun craft of your choice</td>
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<tr>
<td>Stay off of all digital devices for one day</td>
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<tr>
<td>Write down 3 things that you are grateful for</td>
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<td>Paint a picture for someone special</td>
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<td>Compliment a family member</td>
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<tr>
<td>Prepare a snack or meal for your family</td>
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