

February Wellness Calendar

Spread Kindness
Like Confetti!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Take care of your heart through exercise. Move to your favorite music or workout routine.	2 Stretch Your Body After your workout on Tuesday, take an extra 10 minutes to stretch before going to bed. Groundhog Day	3 Growth Mindset Repeat often— “Challenges make me better!” “I can do hard things!”	4 Mindful Message Pause for 2 minutes today and repeat a kind phrase to yourself. Be the beautiful person that you are!	5 Make a list of all the wellness activities to use this month with your friends or family.
6 Snowman Sunday Make a snowman today with friends or family. 	7 Musical Monday Put on the music that feels right to you and enjoy!! Feel free to dance!!	8 Vitamin D Day Take a walk, run or hike outdoors. Soak up sunlight and vitamin D. Allow the outdoors to calm you.	9 Go on a nature walk What do you notice? Have any birds returned? Is spring in the air?	10 Reach out to someone that you haven't talked to in a while. Set 5-10 minutes to talk or write & send a note.	11 Live the Life you Dream of... Write down your goals for the next 2 weeks, 6 months and 5 years. Go after them!	12 Digital Diet Take a break for 1/2 the day from digital device Lincoln's Birthday
13 Super Bowl Sunday *Get some extra exercise outside before the big game!	14 Massaging Monday! Rub your hands & arms to provide relief from texting and typing. Valentine's Day	15 Stretch 3 Times Take a few minutes to stretch when you wake up, at lunch and before bed. Notice how you feel.	16 Journal How have you shown kindness to others this week? How have you been kind to yourself today?	17 Turn the word impossible into I'm Possible. How will you apply this today?	18 Listen more than you speak today. Listen to understand others. 	19 Unwind today How will you allow yourself to relax?
20 Difficult Roads Often Lead to Beautiful Destinations. See your struggle in a new lens to provide you relief and grace.	21 Journal Check in—What are you grateful for today? Washington's Birthday	22 Color a Picture Color a few pictures to share with loved ones this week.	23 Strengths Discover new strengths in yourself, your students and your children each day this week.	24 Plan for your garden or plantings. What vegetables or fruit could you grown this spring & summer?	25 Bake 2 dozen cookies. One for your home and one to share with someone.	26 Puzzle Day Find a puzzle to work on this weekend. Enjoy focusing on completing a task as a family.
27 Play Catch Spring is right around the corner. Get outdoors for a game of catch today.	28 Signs of Spring As you walk outdoors today, find as many signs of spring as you can. Use your senses.			Regulation Strategies *Breathe together *Calm down before discussing difficult situations. *Accept others		