





# June Wellness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Record your hours outdoors this month. Goal: 1000 hours over the 2022 year. <a href="http://www.1000hoursoutside.com">www.1000hoursoutside.com</a>	Set 5 goals for June 1. 2. 3. 4. 5.	1 Pausing to Breathe Pause 10 times today to take 3 deep breaths. Listen to the sound of your breath during the pause.	2 Safety Plan Talk as a family about safety. What is your plan as a family if there is an emergency?	3 Go for a walk. Find a purple, pink, yellow and a red flower. Which color did you see the most of today?	4 Sunrise or Sunset Take time to notice the sunrise or sunset today. Watch how the colors change in the sky.
5 Family Play Day Gather your family for a hike or walk together today.	6 Journal Day What are 5 things you are grateful for?	7 Reflect on the goals set at the beginning of June. Each day take small steps towards achieving each goal.	8 Play outside all day How many minutes can you spend outside playing today?	9 Recycle Day Clean up weeds, litter or old flowers. Recycle items for the environment.	10 Time to Read Go to the library or a free book library in your neighborhood. Read for 30 minutes each day.	11 You are Awesome! Make a positive affirmation sign for yourself and others at your home. Spread positive statements!
12 I am stronger today.	13 I am capable.	14 I am grateful to wake up and begin the day.	15 I create my own sunshine.	16 I am healing.	17 I am grateful to be me.	18 I am energetic and full of life.
Begin Each Day This Week With A Morning Affirmation.						
19 Time to Read Read for 30 minutes. 	20 Let's Move!! Hula hoop, jump rope, jog, skip for 20-30 minutes outside.	21 It's the start of summer!! Today is the longest day of sunlight. Celebrate the summer by playing outside.	22 Observe the Sunset Finish the day by watching the sunset in your neighborhood. What colors did you observe?	23 Quiet Time Unplug from technology for 2-3 hours. Enjoy the quiet time from technology to do something you enjoy.	24 Balloon Breath Imagine your belly as a balloon. Take 10 slow inhale & exhales as you fill & empty your balloon/belly.	25 Self Talk Saturday Take a positive affirmation & repeat it all day! 
26 Pack a Picnic Enjoy a picnic lunch or dinner outdoors.	27 Gratitude Jar Make a family gratitude jar. Add items that you're grateful for each day. At the end of the week read all the grattitudes as a family.	28 Positive Notes Write 2-3 positive notes for your family members.	29 You make a difference! Are there family members or friends that you could help this week?	30 Journal Time Journal about all the qualities you love about yourself!	<b><u>Check in each day.</u></b>  Use the faces to the right to help describe your current feeling.	