

March Wellness Calendar

Celebrate Spring Weather!

More sunlight
Rainy walks under the umbrella
Splashing in puddles

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>March into March</i> Walk, run, hike outdoors for 45 minutes. Enjoy the increased day light this month.	2 <i>Growth Mindset</i> “All things are difficult before they are easy.” Stick with it! You can do hard things!	3 <i>Mindful Moment</i> Set a timer for 2 minutes. Rest & lay on your back with your feet and legs extended up the wall.	4 <i>I am Worthy!</i> Repeat this statement through out the day to yourself. You are worthy of self care, love, & appreciation.	5 <i>Consistency</i> One wellness area that you will consistently do this month? Exercise, eating habits, water in-take.
6	7	8	9 <i>Morning Journal</i> What is one task you need to accomplish? Who is one person you need to thank?	10 <i>Take 10 minutes</i> to stretch today. Fit in a stretch in the morning and evening.	11 <i>Mindful Moment</i> Set a timer for 3 minutes. Sit or lay quietly while you concentrate on your breath only.	12 <i>Put a spring in your steps!!</i> Get outside for a walk, run or hike in nature. Time to Spring Forward tonight.
Exercise 3 Days in a Row—Yes, you can!! Make time each day for 20-30 minutes of activity. Notice how you feel and sleep those 3 days. Enjoy making time for yourself!						
13 <i>Embrace who you are.</i> Write out what makes you special. Keep this in a place to read each day. Do this with your kids.	14 <i>Be your coach!</i> Share a statement of kindness, motivation and/or self care throughout the day.	15 <i>Heart Rate</i> Exercise to increase your heart rate through exercise and activity.	16 <i>See the strengths of others today.</i> How will you harness the strengths of your students, family and yourself today	17 <i>Thank You Thursday</i> Make a point to say, “Thank you!” Send a few thank you notes to friends. St. Patrick's Day	18 <i>Family Fun Night</i> Spend time together away from digital devices. Share stories, play a game, enjoy time together.	19 <i>Set up a reset area in your house.</i> Have a special place to relax, regulate and care for yourself. Have your whole family use it.
20 <i>Work It Out</i> Get outside or to the gym to work out and work through your thoughts, situations, etc.	21 <i>Story Time</i> Reflect on your favorite fairy tale, folk tale or family story. Relish in the laughter and memories.	22 <i>Positive Mantra</i> I am strong. I am worthy. I am unique. I am imperfect. I am ME.	23 <i>Mindful Moment</i> Set a timer for 4 minutes. Sit or lay quietly while you focus on your breathing.	24 <i>Make the world a better place.</i> What's needed? Spread kindness, empathy, joy, compassion and wellness with everyone.	25 <i>Invite someone to take a walk or hike with you.</i> Enjoy exercise and sharing your thoughts with each other.	26 <i>Picnic Day</i> Get ready for summer by having an indoor picnic as a family or with friends.
27 <i>Be Grateful</i> Journal today about all that you are grateful for. Begin with being grateful for the person you are.	28 <i>Signs of Spring</i> As you walk outside, use your senses to notice the changes in our area.	29	30	31	Regulation Strategies *Breathe together *Calm down before discussing difficult situations. *Accept others	
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