

Everyday Speech Well-Being Calendar

Activities by Everyday  Speech

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.

WELL-BEING CALENDAR



The calendar grid consists of 28 days, arranged in four rows of seven. The top row (Days 1-7) features action cards: Day 1 (Chat with a relative over phone or video call), Day 2 (Paint a picture for someone special), Day 3 (Notice something positive about yourself), Day 4 (Write down what made you happy today), Day 5 (Stay off of all digital devices for one day), and Day 6 (Make a fun craft of your choice). Days 8-7 are empty. The grid is decorated with a red star on Day 3, a blue cloud on Day 6, a crown on Day 28, and various other icons like a pencil, stars, and a cloud.

						Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28

WELL-BEING CALENDAR

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Choose One Action Card per Day

Paint a picture for someone special

Write down 3 things that you are grateful for

Help with housework without being asked

Call to check up on your grandparents

Give out 5 compliments to others

Take a photo of something you find lovely

Go for a 30 minute walk

Notice something positive about yourself

Compliment a family member

Prepare a snack or meal for your family

Send a nice text message to someone

Clean out a cluttered drawer

Do an online yoga video

Do a random act of kindness

Write down what made you happy today

Read a book or comic

Make a list of DIY interests that you can learn online

Tell your loved ones that you love them

Do something you love

Sit and focus on mindful breathing for 10 minutes

Write a short story or a poem

Chat with a relative over phone or video call

Stay off of all digital devices for one day

Make a fun craft of your choice

Go on a nature walk

Learn something about a new topic

Find a few items to donate to a food bank

Play a board game with your family