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| ★**DAILY FEEL GOOD CHALLENGE CALENDAR** ★ | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **April 6**  Think of a fun memory from the week | **April 7**  Go on an imagination vacation for 1 minute or longer | **April 8**  Listen to your favorite song | **April 9**  Play a board/card game with your family | **April 10**  Draw/paint/color someone a picture |
| **April 13**  Write down 5 things you are grateful for | **April 14**  Go on a walk outside | **April 15**  Write a letter to your teacher | **April 16**  Write down 5 things that you like about yourself | **April 17**  Do a chore without being asked |
| **April 20**  Try something new | **April 21**  Call someone who lives farther away just to talk | **April 22**  Go on a nature scavenger hunt | **April 23**  Create your own kind act and do it for someone | **April 24**  Spend a whole day technology free (except for things needed for school) |
| **April 27**  Write down 5 things that make you happy | **April 28**  Exercise for 30 minutes | **April 29**  Ask 3 different people a question about them that you don’t know | **April 30**  Do something nice for someone in your family | **May 1**  Eat something healthy |
| **May 4**  Give someone a hug that needs it | **May 5**  Give 3 different people a sincere compliment | **May 6**  Find 3 things outside that are your favorite color | **May 7**  Say something nice to yourself in the mirror | **May 8**  Do a secret act of kindness for someone |
| **May 11**  Do something nice for your community | **May 12**  Tell someone reasons why you love them | **May 13**  Keep a positive attitude | **May 14**  Sit and relax all your muscles one by one | **May 15**  Try a new recipe |
| **May 18**  Write someone a letter | **May 19**  Take 10 deep breaths | **May 20**  Read a book for fun | **May 21**  Make a list of 5 positive things | **May 22**  Spend some time outside |
| **May 25**  Think of your favorite way to relax then try it | **May 26**  List 3 people to talk to when you have a hard time | **May 27**  Learn something new about your favorite animal | **May 28**  Use an I feel statement | **May 29**  Make a summer bucket list |