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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 |