Use this wellness calendar daily to incorporate different activities into your everyday. **you can tailor these activities to fit the needs of your students**

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<th>Monday</th>
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| Reflect with your child about someone who has impacted both of your lives for the better. It could be a friend, family member, teacher or coworker. Together with your child write that person a thank-you note. If they’re not sure what to say, use the following prompts:  
  - What are some of the qualities that made them wonderful?  
  - Why are you grateful for them?  | Sometimes we get distracted by other people’s lives; social media and other methods of influence can lead us to spend a significant amount of time wishing for bigger and better. Ask your child the following questions to have a meaningful conversation:  
  - What do you crave/feel distracted by the most about other people’s lives?  
  - What about yourself do you love/appreciate the most?  | Gratitude is not just something you say. It can also be something you experience with each of your senses. Take a nature walk with your child and reflect on the day by answering the following prompts:  
  - Name someone you enjoyed talking to recently.  
  - Name something you touched that felt good.  
  - Name something you saw that was beautiful.  
  - Name something that you heard that inspired you.  
  - Name something that you ate that tasted amazing.  | Listen to your favorite music or a calming playlist to do things like cooking, doing homework or taking a shower. Encourage your child to dance, move and take small actions to inspire and encourage them to care for their mental health.  | Flashback Friday: share a moment in your life where you were experiencing increased anxiety, stress or sadness. Share advice / words of encouragement you would give your younger self with your child and invite them to share reflections from the week and advice they would give to their younger selves.  |