Happy Well-being Wednesday!



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Do something kind for someone you really care about

Focus on what you can do rather than what you can't do Take a step towards an important goal, however small Send your friend a photo from a time you enjoyed together Let someone know how much they mean to you and why Look for people doing good and reasons to be cheerful Make a list
of what matters
most to you
and why

Set yourself a kindness mission to help others today What values are important to you? Find ways to use them today Be grateful for the little things, even in difficult times Look around for things that bring you a sense of awe and wonder Listen to a favourite piece of music and remember what it means to you 13
Find out about
the values or
traditions of
another culture

Get outside and notice the beauty in nature

15

Do something to contribute to your local community Show your gratitude to people who are helping to make things better

Find a way to make what you do today meaningful Send a handwritten note to someone you care about Reflect on what makes you feel valued and purposeful

Share photos of 3 things you find meaningful or memorable 21 Look up at the sky. Remember we are all part of something bigger

22

Find a way to help a project or charity you care about Recall three things you've done that you are proud of

Make choices that have a positive impact for others today Ask
someone else
what matters
most to them
and why

Remember an event in your life that was really meaningful Focus on how your actions make a difference for others

Do something special and revisit it in your memory tonight

29

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Today do something to care for the natural world 30

Share a quote you find inspiring to give others a boost Find three reasons to be hopeful about the future

31







Meaningful May

Focus on Send your Look for Do something Take a step Let someone Make a list what you can friend a photo people doing kind for towards an of what matters know how much from a time do rather good and someone you important goal, most to you they mean to you enjoyed than what reasons to be really care about however small you and why and why you can't do together cheerful 13 Listen to a What values Look around Be grateful Set yourself Find out about Get outside are important favourite piece for things that a kindness for the little the values or and notice to you? Find of music and bring you a mission to help things, even in traditions of the beauty in ways to use sense of awe remember what others today difficult times another culture nature them today and wonder it means to you 15 17 19 Look up Show your Find a way Do something Send a hand-Reflect on Share photos at the sky. gratitude to to contribute to make what written note to what makes vou of 3 things you Remember people who are feel valued and find meaningful to your local vou do todav someone you we are all part helping to make or memorable of something community meaningful care about purposeful things better bigger 23 Make Ask Remember Focus on Find a way Recall three Do something choices that an event in someone else how your to help a project things you've special and have a positive your life that actions make what matters or charity you done that you revisit it in your impact for most to them was really a difference care about are proud of memory tonight others today meaningful for others and why

Use the month of May to reflect on the year so far, what is going well, what needs to change? Use this chart to help you identify some small changes which will help to brighten your day. Sometimes the smaller things make the biggest difference ©