

# New Year Self-Care Wellbeing Calendar

1

Go for a walk with someone special and enjoy the beauty of nature.

2

Enjoy a craft activity. Take time to really focus on the details.

3

Plan four ways you can show kindness to others today.

4

Listen to your favourite song and have a dance. Think about how it makes you feel.

5

Spend time chatting and laughing with your friends.

6

Find something you no longer use and find a way for someone else to enjoy it.

7

Cuddle up with your favourite book.

8

Enjoy some time doing something you love!

9

Go outside and listen. Focus on five noises you can hear.

10

Have an early night and wake up feeling refreshed.

11

Play a game outside with a friend.

12

Put some recycling in the recycling bin and know you're helping the planet.

13

Breathe slowly and deeply. As you breathe out, tell yourself something you do well. Do this five times.

14

Enjoy an indoor picnic.

15

Start a positivity journal. Write down four things that have gone well each day.

16

Go on a nature trail with someone special.

17

Sit quietly and focus on all you can hear around you.

18

Enjoy time doing something fun with your family.

19

Start the day by telling yourself four ways you are special.

20

Put on your favourite winter woollies and enjoy the feeling of being cosy.

21

Watch a favourite film cuddled up with someone special.

22

Think about all the ways you have shown kindness today.

23

Make a card for someone you care about.

24

Make a den.

25

Think about something you have done well recently and how this made you feel.

26

Go outside and feel the fresh air on your face. Really notice how this feels.

27

Invite a friend around to play and enjoy laughing together.

28

Read your favourite story.

29

List four things you have done to help others today.

30

Learn something new. Find a new fact or craft you haven't explored before.

31

Play your favourite game.

