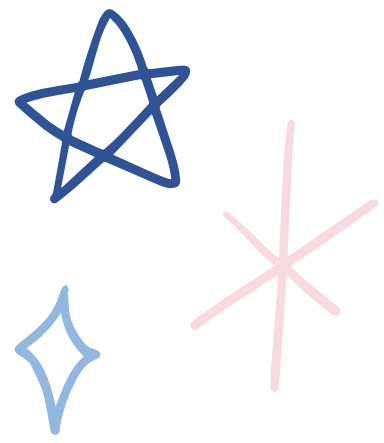


# Mindfulness March Calendar Challenge



- 1** Go for a walk outside
- 2** Read aloud positive affirmation
- 3** Give a stranger a compliment
- 4** Do a guided meditation
- 5** Tell a friend something you love about them
- 6** List 3 things you are grateful for
- 7** Spend time with somebody you care about
- 8** Set yourself 3 goals for the week
- 9** Take a bath or a long shower
- 10** Do some stretching or yoga
- 11** Have brain breaks throughout the day
- 12** Limit your screen time today
- 13** Take time to have a cuppa today
- 14** Spend sometime in the sunshine (remember to slip, slop, slap!)
- 15** Tell yourself something you like about you
- 16** Cook yourself a nice + healthy meal
- 17** Read a book
- 18** Limit your screen time today
- 19** Do a pre-sleep meditation
- 20** Journal - check out our template!
- 21** Set 3 intentions for your week
- 22** Make sure you drink enough water today
- 23** Smile at a stranger
- 24** Listen to music that makes you feel happy
- 25** Read aloud a positive affirmatoin
- 26** Do some deep breathing
- 27** Do some exercise today!
- 28** Treat yourself today to something nice!
- 29** Smile at a stranger
- 30** Tell someone that you value them
- 31** List something you learnt about yourself this month

# Mindfulness March Calendar Challenge (for kids)

**1** Name 5 things that make your heart happy!

**2** Tell somebody you love them

**3** Write a letter to someone

**4** List 3 things that made you happy today

**5** Play a game that makes you laugh

**6** Go for a walk outside (with a trusted adult)

**7** Ask somebody how they are today

**8** Write down something you are proud of yourself for

**9** Read your favourite book

**10** Do some stretching or yoga

**11** Think of someone that made your day better and tell them

**12** Take 5 really deep breaths

**13** Do some baking with an adult

**14** Do an outdoor activity

**15** Tell yourself something you like about you

**16** Ask if you can help cook dinner

**17** Read a book

**18** Limit your screen time today

**19** Do a meditation

**20** Journal - check out our template!

**21** Set 3 goals for next week

**22** Make sure you drink enough water today

**23** Smile at a stranger

**24** Listen to music that makes you feel happy

**25** Tell yourself that 'it is enough to try your best'

**26** Do some deep breathing

**27** Do some exercise today!

**28** Tell yourself you are beautiful

**29** Smile at a stranger

**30** Tell someone that you care about them

**31** List something you learnt about yourself this month

