

OCTOBER self-care calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Create a kindness jar. Every time someone does something nice this month, add it to the jar.	2 Goals Write down your top 3 health goals for the month.	3 Breath Practice calm breathing techniques.	4 Relax Have 'quiet time' with soft music.	5 Snack Time Try a new tasty recipe, something simple.	6 Get Artistic Make art with chalk on the pavement.
7 Music Time Listen to your favourite song, on repeat.	8 Learning Watch a nature or animal documentary.	9 Time to Laugh Take turns with family or friends telling silly jokes.	10 Look Up What does the sky look like today? Write it down.	11 Remember Share some of your favourite memories with your family and friends.	12 Homemade Playdough! You can find a recipe at www.qec.org.au	13 Enjoy Take a warm bath or shower.
14 Look Up Watch the sunrise or sunset. What colours can you see?	15 Get Creative Draw a picture of your favourite animal and colour it in.	16 Slow Down Quiet reading time.	17 Declutter Practice packing up toys and clear away a small space.	18 Up Next? Try a new hobby.	19 Mini Adventure Try something new!	20 Reflect Write down something nice that happened this week.
21 Get Moving Dance, like no one's watching!	22 Outdoors Spend some time in nature.	23 Pens Up Write a short story.	24 Nurture Plant a seed in a pot, how quickly will it grow?	25 Stretch it Out! 5-minutes stretch session.	26 High-Five Celebrate a small achievement today.	27 Screens Down Take a break from screens for 1 hour.
28 Move Your Body 5-minute walk around the block.	29 Check In Call a friend and ask how they're doing.	30 Stay Hydrated Adults, aim to drink 6-8 glasses of water today.	31 Do something kind for yourself.	Activities you can do with your little ones.		

