




# Spring 2024 | Activity a Day to Practice Mindfulness

PARENTS LEAD.ORG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Create a "calm space" in your home	<b>2</b> Send a written thank you note to let someone know you appreciate them	<b>3</b> Take on a tough task to build your self-confidence	<b>4</b> Go for a 30-minute walk in nature
<b>5</b> Close your eyes and visualize a peaceful place for 10-15 minutes	<b>6</b> Turn off lights and devices one hour before going to sleep	<b>7</b> Perform a small act of kindness for another person	<b>8</b> Listen to music that will lift your mood	<b>9</b> Make a list of 5 things you're grateful for	<b>10</b> Stay hydrated to maintain a positive mood (aim for 64 ounces/day)	<b>11</b> Go out without your cell phone today and spend time with a friend
<b>12</b> Take some time today to do a hobby you enjoy	<b>13</b> Say hello or wave to a stranger today	<b>14</b> Practice deep breathing: Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds	<b>15</b> Find time to watch a funny video, movie or hang out with someone who makes you laugh	<b>16</b> Do something that makes you happy with a friend or family member	<b>17</b> Say positive affirmations in the mirror to boost your confidence	<b>18</b> Discuss mental health with others to combat stigma
<b>19</b> Pick a favorite family meal and cook together in the kitchen	<b>20</b> Step outside and practice mindful breathing with bubbles	<b>21</b> Take a nature walk and see what different senses you can heighten	<b>22</b> Enjoy mindfulness coloring pages for relaxation and focus	<b>23</b> Gather the family together and create a game of "Would you rather"	<b>24</b> Mail a handwritten letter to a friend or family member	<b>25</b> Feel the warm sunshine on your skin
<b>26</b> Take 5-minutes to stretch your body! Bonus points if you do it outside	<b>27</b> Take a picture outside	<b>28</b> Write down 5 things you are good at	<b>29</b> Declutter your bedroom by donating toys, old clothes or books	<b>30</b> Spend time with a furry friend to improve your mental health	<b>31</b> Take 30-minutes for yourself and do something you love	<b>Complete at least 3 weeks (21 days) and get a prize!</b>  <b>See other side for details.</b>



## Practice Mindfulness

Complete **3 weeks (21 days)** of activities on this calendar by **June 21st, 2024.**



Check them off as you go! Return the completed calendar in

one of the following ways for a COOL prize:

Bring it to FCPH office  
(881 Main St., Carrington) OR  
use drop box available 24/7 in  
front of our office

OR

Message us with a picture of  
your completed calendar  
through Facebook or  
Instagram  

OR

Bring it to the FCPH booth at the  
Foster County Fair June 19-21

**NAME**

**PHONE #**

**PARENTS** LEAD.ORG



**Public Health**  
Prevent. Promote. Protect.

Foster County Public Health  
**701-652-3087**

