



KISD SELF-CARE CALENDAR: APRIL 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Spend as much time as possible outdoors

2 Listen to your body and be grateful for what it can do

3 Eat healthy and natural food today and drink lots of water

4 Turn a regular activity into a playful game today

5 Do a body scan meditation and really notice how your body feels

6 Get natural light early in the day. Dim the lights in the evening

7 Give your body a boost by laughing or making someone laugh

8 Turn your housework or chores into a fun form of exercise

9 Have a day with less screen time and more movement

10 Set yourself an exercise goal or sign up to an activity challenge

11 Move as much as possible, even if you're stuck inside

12 Make sleep a priority and go to bed in good time

13 Relax your body & mind with yoga, tai chi, or meditation

14 Get active by singing today (even if you think you can't sing!)

15 Go exploring around your local area and notice new things

16 Be active outside. Plant some seeds and encourage growth

17 Try out a new exercise, activity, or dance class

18 Spend less time sitting today. Get up and move more often

19 Focus on "eating a rainbow" of multi-colored vegetables today

20 Regularly pause to stretch and breathe during the day

21 Enjoy moving to your favorite music. Really go for it

22 Go out and do an errand for a loved one or neighbor

23 Get active in nature. Feed the birds or go wildlife spotting

24 Have a "no screens" night and take time to recharge yourself

25 Take an extra break in your day and walk outside for 15 minutes

26 Find a fun exercise to do while waiting for the kettle to boil

27 Meet a friend outside for a walk and a chat

28 Become an activist for a cause you really believe in

29 Make time to run, swim, dance, cycle, or stretch today

30 Commit to being more active this month, starting



"I am stronger than the challenges I face."

MENTAL WELLNESS MATTERS



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