



KISD SELF-CARE CALENDAR: APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body scan meditation and really notice how your body feels
7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time
14 Relax your body & mind with yoga, tai chi, or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity, or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on "eating a rainbow" of multi-colored vegetables today
21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favorite music. Really go for it	23 Go out and do an errand for a loved one or neighbor	24 Get active in nature. Feed the birds or go wildlife spotting	25 Have a "no screens" night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil
28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle, or stretch today				

"The most important investment you can make is in yourself."



MENTAL WELLNESS MATTERS



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