



# KISD SELF-CARE CALENDAR: MAY 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



4 Let someone know how much they mean to you and why

5 Look for people doing good and reasons to be cheerful

6 Make a list of what matters most to you and why

7 Set yourself a kindness mission to help others today

1 Focus on what you can do rather than what you can't do

2 Take a step towards an important goal, however small

3 Send your friend a photo from a time you enjoyed together

11 Listen to a favorite piece of music and remember

12 Find out about the values or traditions of another culture

13 Get outside and notice the beauty in nature

14 Do something to contribute to your local community

8 What values are important to you? Find ways to use them today

9 Be grateful for the little things, even in difficult times

10 Look around for things that bring you a sense of awe and wonder

18 Reflect on what makes you feel valued and purposeful

19 Share photos of three things you find meaningful or memorable

20 Look up at the sky. Remember we are all part of something bigger

21 Find a way to help a project or charity you care about

15 Show your gratitude to people who are helping to make things better

16 Find a way to make what you do today meaningful

17 Send a handwritten note to someone you care about

25 Remember an event in your life that was really meaningful

26 Focus on how your actions make a difference for others

27 Do something special and revisit it in your memory tonight

28 Today do something to care for the natural world

22 Recall three things you've done that you are proud of

23 Make choices that have a positive impact for others today

24 Ask someone else what matters most to them and why

29 Share a quote you find inspiring to give others a boost

30 Find three reasons to be hopeful about the future

31 Do something kind for someone you really care about

*"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort."*

**MENTAL WELLNESS MATTERS**



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