


MY FEEL GOOD CALENDAR



1
START YOUR MORNING WITH BREAKFAST sit down and enjoy it.

2
READ A NEW BOOK, or read a book to a family member.

3

Keep a glass of water next to your desk. DRINK UP!

4
HELP COOK A MEAL AT HOME.

5
GO FOR A WALK. Today I walked for _____ minutes.

6
Go for a LONGER WALK than yesterday. Today I walked for _____ minutes.

7
GO FOR AN EVEN LONGER WALK! Today I walked for _____ minutes.



8
HELP MAKE YOUR LUNCH FOR SCHOOL. Add vegetables and fruits.

9
HOW MANY PUSH-UPS CAN YOU DO? Challenge a friend!

10
TURN OFF SCREENS 1 HOUR BEFORE BED.



11
TALK TO A CLASSMATE you don't know very well.

12
Try a new activity! SKIP, SHOOT HOOPS, OR THROW A FOOTBALL.

13
TAKE 10 DEEP BREATHS BEFORE BED (or when you need to calm down).

14
HELP WITH MEALTIMES. Set the table or clean up.

15
SAY SOMETHING NICE to a friend or classmate.

16
ADD A GREEN VEGETABLE TO ONE OF YOUR MEALS.



17
MAKE TV ACTIVE by moving during commercials.

18
SING AND DANCE to your favorite song.

19
Take 10 minutes to STRETCH.

20
HAVE A PIECE OF FRUIT FOR A SNACK.



21
USE A COLORING BOOK or draw a picture.

22
HEAD OUTSIDE! Play at the park with your family.

23
GO GROCERY SHOPPING WITH YOUR PARENTS.



24
EAT A MEAL WITH OTHERS. No screens allowed!

25
HELP OUT AND GET MOVING. Clean your room!

26
TALK TO YOUR FAMILY about one thing that makes you happy.

27
SPEND LESS TIME ON SOCIAL MEDIA AND WATCHING TV.

28
FIND 5 YOGA POSES and do them before bed.



29
Remember to take a break from screens. UNPLUG FOR THE NIGHT!

30
TRY A NEW FOOD TODAY. Today I tried _____

31
DO 10 JUMPING JACKS



Follow the daily healthy activities to help give your day a boost of energy.

WELCOME TO YOUR FEEL GOOD CALENDAR!



Follow the daily healthy activities to help give your day a boost of energy and feel your best. You can follow the activities with your class, with your family and friends, or on your own – there is something for everyone. The calendar might include some activities that are new to you – don't be scared to try them! Trying new things is exciting, and might help you find something that you love and makes you feel good.

The daily activities will...

- Promote physical activity to improve your mental health and decrease anxiety
- Encourage you to go outside and enjoy the outdoors – get some sunshine
- Remind you to keep connected to people you love – it's important for happiness
- Promote healthy habits like getting enough sleep, eating nutritious food, and spending quality time with friends and family
- Help you discover new activities that you enjoy!

QUICK WELLNESS TIPS ↓

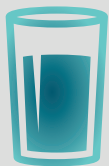


GET ENOUGH SLEEP EVERYDAY Turn off screens 1 hour before bed time.

STAY HYDRATED Drink water throughout the day.

KEEP YOUR BODY ENERGIZED Don't skip breakfast.

MOVE YOUR BODY EACH DAY WITH ACTIVITIES YOU ENJOY! Run, jump, play, stretch!



Find more information to help boost your health by visiting:
Canada's Food Guide <https://food-guide.canada.ca/en>
ParticipAction <https://www.participaction.com/en-ca>
Kids Help Phone <https://kidshelpphone.ca> *Click on **Get Info***