

September 2022 Wellness Calendar				1	2	3
Theme of the Month - Growth Mindset. Work on a growth mindset every day of the week. Hunger Action Month September is Suicide Prevention Month				Set a goal: What's one new activity you can try this month? It can be a sport, an exercise, or a personal challenge.	Make time to do something you really enjoy today.	When you find things hard, remember it's ok not to be ok.
4	5 Labor Day Today is Labor Day! However you celebrate today, offer to help your family with a household chore.	6	7	8	9	10
Pick a song and dance to it in each room of your house!	Offer to help with a meal at home.	Try a healthy heart activity today: go for a run, a walk, or any exercise that gets your heart pumping.	Try out a new physical activity today for at least 10 minutes. What is something you have wanted to try or maybe haven't done in a while?	Go for a walk and bring a bag to pick up trash along the way. How much can you collect?	Give your body and brain time to recover overnight! Turn off electronics/screens at least an hour before bed.	
11	12	13	14	15	16	17
Spend 5 minutes today and notice what you are feeling, without any judgment.	Create a mindful glitter jar! A mindful jar can help take a break when feeling upset or overwhelmed.	Eat a rainbow meal that has as many colors as possible!	Find a fun song to sing while you wash your hands with soap and water!	Try to be active during recess today; don't just walk or sit and talk with friends.	Say thank you to five people today.	Write down three things you appreciate about yourself.
18	19	20	21	22	23	24
Reach out to a friend or loved one you haven't talked with in a while.	Affirmations can help us focus on our strengths. Try this one today: <i>I am smart, amazing, and powerful. I don't need to worry. I can try again. I can do more than I believe.</i>	Snack attack: add a new veggie to your snack. What does it taste like? How does it help your body grow?	Balance challenge: go into each room of your house and try to balance on one leg for one minute or as long as possible!	Crazy 8's: during recess, try 8 jumping jacks, 8 star jumps, and 8 high knees!	Do a chore for someone in your family without them knowing.	Focus on the basics today: eat well, exercise, and go to bed on time.
25	26	27	28	29	30	
Have a family conversation about this question: What does it mean to grow? What sorts of things grow and how do we grow as people?	At home or during recess, see if you can find 10 to 15 minutes to sit still for a quiet activity. Read a book, practice belly breaths, or draw a picture.	Talk with your family about trying a new superfood for dinner.	Try a fun physical activity together as a family: go for a walk, play basketball, or play catch!	Plank contest: How long can you hold a plank position? Challenge someone at home to a contest!	Reflect and celebrate: Way to go! What new activities did you try this month? What were your successes and challenges?	