

October 2021

Wellness Calendar

Theme of the Month – Health Literacy. Become aware of your health & emotions. Learn to manage them.

1
#Learn about Health Literacy at shapeamerica.org or health.gov

2
Place [emotion photos and labels](#) on the refrigerator to learn and use as a family.

31
Halloween. Spend time with nature. Go into nature and practice Japanese [Forest Bathing](#).

3
Walk and Talk. Go on a family walk and talk about how to be an [upstander](#) for yourself or someone who is being bullied.

4 Monday Morning Check-In. Check-in with a family member on their emotions. Use [emotions photos](#) to help the conversation.

5 National Do Something Nice Day.

Give a compliment. Open a door for someone. Read a poem to someone.

6 [Mindful coloring](#). Find a coloring page and spend 10 minutes getting started on coloring a portion of the page. [Link to find coloring page](#).

7 [Learn to identify the size of your emotions](#).
1- What is your current emotion?
2- How big is it? Small, Medium, or Big?

8
Walking Race. Pick a distance and challenge a friend to a speed walking race. No running allowed.

9
As a family, read a story or watch a movie. Talk about the characters' emotions.

10
World Mental Health Day. Write down 3 things about yourself that you're proud of.

11
Introduce a new [emotion word](#) today.

12 Try something new today like [origami](#). Was it challenging? Would you do it again? Why is it good to try new things?

13 [Device Detox](#)
Can you go without your phone, tablet, TV, or internet? Try to go device free for 2 hours.

14
Just Play! Hide-and-seek, tag, hopscotch, hula hoop, or ride a bike with a friend. It's up to you!

15
[Use your skills to identify others' emotions by watching faces and body language](#).

16
Move Together. [Complete a home workout with family or friends](#).

17
Act out [different emotions](#) and have a family member guess [which emotion](#) it is.

18
Set hopeful and realistic goals for the week ahead.

19 Positive talk Tuesday. Today and every day talk to yourself like you would talk to someone you love.

20
Find joy in starting a task you have avoided for some time.

21 Spend some time watching this [relaxing, colorful sealife video](#). What do you notice? How do you feel after watching a few minutes?

22
Create a dance. Make up a dance to your favorite song. Include a jump and a spin.

23
Take a virtual tour of [Yosemite National Park](#)

24 Today, give someone a genuine compliment. For example: I like your haircut. I like how helpful you are.

25
What are your three priorities this week? Write them down so you remember.

26
Be kind to yourself today. Remember, progress takes time.

27
Do one thing today to help you prepare for tomorrow.

28 Clap and Catch. Throw a ball or soft object up into the air. See how many times you can clap before you catch it.

29
Invite a classmate you don't really know to join you in an activity.

30
Today finish a task that you have been [procrastinating](#).