

April 2021

Action Calendar: 5 Ways to Wellbeing



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

5

Check in on
a friend

6

Throw a ball
or frisbee

7

Meditate for
10 minutes

8

Learn a new
fun fact

9

Act of kindness

10

Have a picnic
with friends
or family

11

Spend some
time gardening

12

Take time during
the day to focus
on how you feel

13

Listen to a
podcast or watch
a documentary

14

Give someone
a compliment

15

Connect with
someone you
haven't spoken
to in a while

16

Go for a swim,
bike ride or skip

17

Spend some time
in nature

18

Learn to say
hello in a new
language

19

Bake some
cookies for
someone you
care about

20

Write a letter
for a friend or
family member

21

Try out a
new type of
exercise

22

Write down three
things that you are
grateful for

23

Try a new
food or recipe

24

Smile at a
stranger

25

Stay off social
media for at
least an hour

26

Stretch for 2
minutes before
starting your day

27

Close your eyes
and listen to a
new song

28

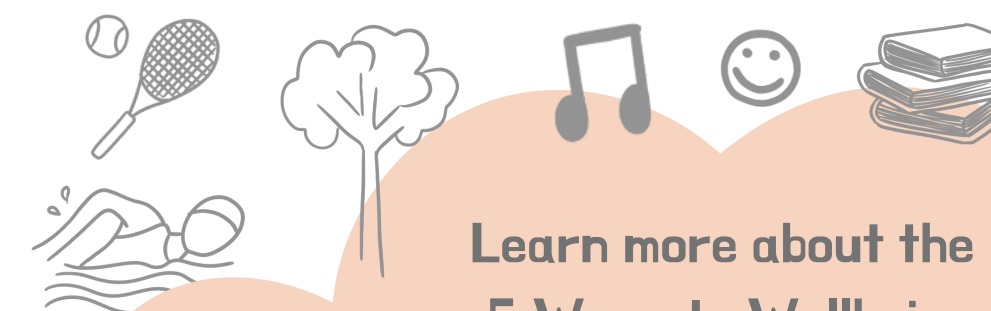
Read a book
or magazine

29

Volunteer your
time or expertise

30

Call someone
instead of sending
a message



Learn more about the
5 Ways to Wellbeing
at www.bchs.com.au