





Mindfulness Calendar

For the next 28 days incorporate one act of mindfulness each day into your life and watch your life CHANGE in beautiful ways.

Adults: It can be helpful to encourage participation in this challenge by offering a fun privilege or reward at the end of the month, or even at the end of each week.

MON	TUE	WED	THU	FRI	SAT	SUN
Take 10 deep breaths	Go outside and pay attention to what's around you	 You decide	Say this three times: I can choose to be happy	Eat a piece of fruit slowly and thoughtfully	Do three of your favorite stretches before bed	Choose an object and examine it slowly
Balance on one foot for 20 seconds	Close your eyes and image a happy place	Squeeze your hands into fists, then relax	Listen to calming music	Draw a picture of something that made you smile today	 You decide	Write a letter to a friend
Jump up and down, then try to feel your heart beating	Focus on your breath for 5 minutes	Close your eyes and sit in silence for 2 minutes	You decide 	Breathe in the color blue, breathe out the color red	Express 5 things you are grateful for	Write down 10 things you like about you!
Trace the fingers of your hand	 You decide	Relax all the muscles in your face	Do something nice for your guardian	Give someone a big bear hug for 20 seconds	Dance to your favorite song	Give someone a compliment today



watch your life change in beautiful ways