FEEL GOOD FEB 2021

Focus on mental health with positive actions, good deeds and random acts of kindness.

Ideas to help bring Act Belong Commit into your classroom and help your students to feel good.

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1. Keeping active feels great. Set some goals for the month ahead. | 1. Chat to a friend – ask about their holidays. | 1. Be a bucket filler – give someone a compliment. | 1. Help someone else. | 1. Dance like no-one is watching! It’s the ultimate feel-good exercise. | 1. Get outside – nature and fresh air is good for mental health. | 1. Do something kind for yourself, whatever that may be. |
| 1. Help at home – wash the dishes, walk the dog, clean up without being asked. | 1. Make a handmade gift for someone. | 1. Challenge yourself by learning something new. | 1. Bake or make something to share. | 1. Gratitude journal. Think and write down 5 things you are grateful for. | 1. Act green! Recycle, reuse, or repurpose something. | 1. Share the love today – there’s plenty to go around. |
| 1. Do something helpful for someone. | 1. Pick up rubbish at home, school, the beach or a park. | 1. Celebrate Random Act of Kindness Day. | 1. Give a compliment to someone – it will brighten their day! | 1. Send someone a handwritten note of thanks. | 1. Donate to a cause. Monetary, food, bedding, clothes or something else. | 1. Get creative – Make, colour or design something! |
| 1. Practice mindfulness – try yoga, mindful colouring or listen to music. | 1. Write positive notes and leave them around the house for others to find. | 1. Make a new friend – choose someone different as a partner, play a new game or chat to someone new. | 1. Offer to help at home or school. | 1. Set a new goal for March. | 1. Catch up or play with a friend. | 1. Play a board game with someone |