



# Mindfulness Calendar

# SEPTEMBER

## Bringing Mindfulness to the New School Year

### MONDAY

Write down one thing you're excited about for this school year. **2**

Write down one thing that made you happy today. **9**

Take a mindful walk, paying attention to each step. **16**

Notice how you feel when you're standing in line. **23**

Reflect on one thing you learned this month. **30**

### TUESDAY

Practice mindful listening by really focusing on your teacher. **3**

Close your eyes and imagine a peaceful place for one minute. **10**

Do a quick body scan, noticing any tension and relaxing those areas. **17**

Do a quick stretch before sitting down to study. **24**

### WEDNESDAY

Stretch for a few minutes at your desk. **4**

Count your breaths for a minute during recess. **11**

Take a few deep breaths before starting a new task. **18**

Spend a minute noticing how your feet feel on the ground. **25**

### THURSDAY

Smile at a classmate you don't know very well. **5**

Tell a friend one thing you appreciate about them. **12**

Listen to the sounds around you without judging them. **19**

Think of a happy memory when you feel stressed. **26**

### FRIDAY

Notice how your body feels when you sit in your chair. **6**

Notice the colors around you on the way to school. **13**

Draw a picture of your favorite thing about school. **20**

Compliment someone today. **27**

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YouTube Channel



# Mindfulness Calendar

# OCTOBER

## Mindfulness in the Fall

### MONDAY

Notice the different smells of fall, like pumpkin or cinnamon. **7**

Enjoy a piece of fall fruit, like an apple, slowly savoring each bite. **14**

Spend a few moments being thankful for the changing seasons. **21**

Feel the sensation of raking leaves and the movements of your body. **28**

### TUESDAY

Notice the coolness of the morning air. **1**

Feel the texture of a pumpkin or gourd. **8**

Take a walk and notice the fall decorations in your neighborhood. **15**

Take a moment to feel the ground beneath your feet as you walk. **22**

Notice how your breath feels in the cool air. **29**

### WEDNESDAY

Collect a few colorful leaves and observe their details. **2**

Take a mindful moment to appreciate the changing colors of the trees. **9**

Sit quietly and listen to the sounds of nature around you. **16**

Notice the patterns of light and shadow created by fall trees. **23**

Spend a few moments watching the sunset. **30**

### THURSDAY

Take a moment to feel the warmth of your favorite sweater. **3**

Reflect on a favorite fall memory. **10**

Feel the warmth of the sun on a cool day. **17**

Enjoy a fall treat, like a cookie or pie, and savor each bite. **24**

Reflect on your favorite thing about fall. **31**

### FRIDAY

Listen to the sound of leaves crunching under your feet. **4**

Watch the way the wind moves through the leaves. **11**

Notice how your body feels when you jump into a pile of leaves. **18**

Feel the texture of fall clothing, like scarves or hats. **25**



# Mindfulness Calendar

# NOVEMBER

## Being Mindful and Thankful

### MONDAY



Thank your teacher for something they've taught you.

4

Thank a veteran for their service.

11

Thank someone who makes your day easier, like a bus driver or cafeteria worker.

18

Thank a sibling or cousin for something they've done for you.

25

### TUESDAY



Notice the kindness in others today.

5

Write a thank-you note to someone who has made a difference in your life.

12

Spend a few minutes appreciating your favorite hobby.

19

Spend a few moments being grateful for the food you eat.

26

### WEDNESDAY



Appreciate a meal by savoring each bite.

6

Take a mindful walk and notice things you're grateful for.

13

Notice the beauty in nature around you.

20

Think of a place that makes you feel safe and happy.

27

### THURSDAY



Spend a minute thinking about your favorite fall activity and why you love it.

7

Think of a skill you're thankful to have learned.

14

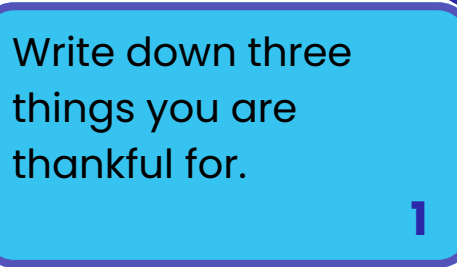
Think of a time you made someone smile and be thankful for that moment.

21

Thank someone who has taught you something important.

28

### FRIDAY



Write down three things you are thankful for.

1

Thank a friend for something nice they've done for you.

8

Appreciate the changing seasons and what each brings.

15

Appreciate your health and take a moment to relax and breathe deeply.

22

Appreciate a small act of kindness you noticed today.

29

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Best Version of Myself Podcast



Mindfulness calendar  
**DECEMBER**

The Gift of Giving Mindfulness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spend time listening carefully to someone without interrupting. <b>2</b>	Offer to help a family member with a chore. <b>3</b>	Share a favorite story or memory with a friend. <b>4</b>	Create a handmade card for someone special. <b>5</b>	Give the gift of your time by playing a game with someone. <b>6</b>
Spend a few minutes appreciating someone and tell them why you're grateful for them. <b>9</b>	Give a genuine compliment to someone today. <b>10</b>	Offer to read a book to a younger sibling or friend. <b>11</b>	Give the gift of laughter by telling a funny joke or story. <b>12</b>	Share something you learned today with someone else. <b>13</b>
Offer to help a friend with their schoolwork. <b>16</b>	Give the gift of patience by being extra kind and understanding. <b>17</b>	Make a small handmade gift for someone. <b>18</b>	Spend time outside with a friend or family member. <b>19</b>	Share your favorite hobby or activity with someone. <b>20</b>
Spend a few minutes appreciating the people around you. <b>23</b>	Give the gift of kindness by doing something nice for someone secretly. <b>24</b>	Share a moment of gratitude with your family. <b>25</b>	Give the gift of understanding by really listening to someone's feelings. <b>26</b>	Offer to help organize a room or space. <b>27</b>
Give the gift of forgiveness to someone you've had a disagreement with. <b>30</b>	Reflect on the gifts you've given this month and how it made you feel. <b>31</b>			



Bringing Mindfulness into Your New Years Goals and Intentions

Mindfulness Calendar  
**JANUARY**

**MONDAY**



Set a daily intention each morning to stay focused. **6**

Take a mindful walk and think about your goals. **13**

Write down three strengths that will help you reach your goal. **20**

Spend a few minutes meditating on your intentions. **27**

**TUESDAY**



Celebrate small successes along the way. **7**

Write down any obstacles and how you can overcome them. **14**

Spend time doing something that brings you closer to your goal. **21**

Write down any new goals that have come to mind. **28**

**WEDNESDAY**

Set an intention for the new year that makes you feel excited. **1**

Spend a minute breathing deeply and imagining your goal. **8**

Visualize a day where you successfully work towards your goal. **15**

Reflect on what motivates you to achieve your goal. **22**

Reflect on how you can make your goals more enjoyable. **29**

**THURSDAY**

Write down one goal you want to achieve this year. **2**

Write down a positive affirmation related to your goal. **9**

Reflect on how achieving your goal will make you feel. **16**

Write a letter to yourself about your goal and how you will achieve it. **23**

Set a new intention for the upcoming month. **30**

**FRIDAY**

Take a moment to visualize yourself achieving your goal. **3**

Share your goal with a friend or family member. **10**

Take a break and do something fun to recharge. **17**

Set a goal for the day and focus on it. **24**

Celebrate all your efforts and set new goals for February. **31**



# Mindfulness Calendar

## FEBRUARY

For the Love of Mindfulness

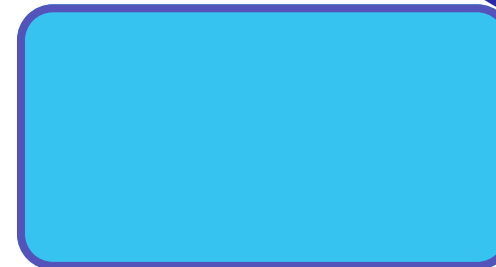
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



Write down three things you love about yourself.

3

Think of a person you love and why they are special to you.

4

Complete some relaxing breathing exercises.

5

Draw a picture of your favorite place.

6

Take a few minutes to enjoy your favorite book or story.

7

Reflect on your favorite memory with a friend.

10

Offer a free hug to a family member or friend.

11

Take a break from social media for the day.

12

Buy a healthy snack from the school cafeteria.

13

Celebrate Valentine's Day by showing love to those around you.

14

Watch a feel good movie with your family tonight.

17

Call a relative or friend for a chat.

18

Write a thank-you note to someone you love.

19

Read your favorite book with someone.

20

Clean and tidy your room at home.

21

Complete some mindful coloring.

24

Think about what you love most about your pet.

25

Think about a place you love to visit and why it's special.

26

Play a board game with family or friends.

27

Spend time doing a craft or activity you love.

28

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Emotions Chart



# Mindfulness Calendar

## MARCH

### Bring Emotions into Mindfulness

#### MONDAY

Complete some mindful coloring.

3

Write down one thing that made you smile today.

10

Think about a time you felt brave and how it made you feel.

17

Watch a feel good movie with your family tonight.

24

Write down a goal that makes you feel excited and hopeful.

31

#### TUESDAY

Reflect on how it feels to be kind to someone else.

4

Close your eyes and think about a time you felt proud.

11

Reflect on a moment when you felt grateful and why.

18

Call a relative or friend for a chat.

25

#### WEDNESDAY

Write down three things that make you feel calm.

5

Notice the physical sensations in your body when you feel excited.

12

Share a happy memory with a friend or family member.

19

Confide in someone about your worries.

26

#### THURSDAY

Play a board game with family or friends.

6

Think about something that makes you feel loved.

13

Think about something that makes you feel safe.

20

Read your favorite book with someone.

27

#### FRIDAY

Think about a time you felt happy and what caused it.

7

Take a deep breath and notice how you're feeling right now.

14

Write a short story about a character who feels joyful.

21

Notice the emotions of people around you today.

28



# Mindfulness Calendar

# APRIL

## Growing Mindfulness in the Spring

### MONDAY

Reflect on how you've grown since last spring. **7**

Spend a few minutes appreciating the warmth of the sun. **14**

Watch a feel good movie with your family tonight. **21**

Complete some mindful coloring. **28**

### TUESDAY

Notice the new flowers blooming around you. **1**

Write down a new goal for this spring. **8**

Offer a free hug to a family member or friend. **15**

Call a relative or friend for a chat. **22**

Notice how the days are getting longer. **29**

### WEDNESDAY

Take a mindful walk and observe the signs of spring. **2**

Notice the different shades of green in the trees and grass. **9**

Take a break from social media for the day. **16**

Confide in someone about your worries. **23**

Play a board game with family or friends. **30**

### THURSDAY

Pay a friend a compliment. **3**

Take a moment to listen to the birds singing. **10**

Choose a healthy snack from the school cafeteria. **17**

Read your favorite book with someone. **24**

### FRIDAY

Plant a seed and watch it grow. **4**

Think about something new you want to learn this spring. **11**

Draw a picture of a plant or tree growing. **18**

Clean and tidy your room at home. **25**

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# Mindfulness Calendar

## MAY

### Celebrating the End of Our Mindful School Year!

#### MONDAY



Take a moment to thank your teachers for their support.

5

Spend a few minutes relaxing and thinking about your summer plans.

12

Watch a feel good movie with your family tonight.

19

Spend time cleaning out your desk or backpack.

26

#### TUESDAY



Spend time organizing your school materials.

6

Offer a free hug to a family member or friend.

13

Call a relative or friend for a chat.

20

Write a list of things you're excited to do over the summer.

27

#### WEDNESDAY



Write a note of appreciation to a classmate.

7

Take a break from social media for the day.

14

Share a favorite school project with a family member.

21

Write down what you're looking forward to next school year.

28

#### THURSDAY

Reflect on your favorite memory from this school year.

1

Reflect on a challenge you overcame this year.

8

Buy a healthy snack from the school cafeteria.

15

Read your favorite book with someone.

22

Play a board game with family or friends.

29

#### FRIDAY

Write down three things you learned this year.

2

Think about a new friend you made and what you appreciate about them.

9

Notice how you feel about the school year ending.

16

Reflect on what subjects you enjoyed the most this year.

23

Reflect on the friendships you've built this year.

30

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