

# WELLNESS MONTH STAMP CARD

Each time you complete one of the activities below this month, stamp that square. See if you can complete the whole card!

<b>Go for a walk outside</b>	<b>Dance to a song that you like</b>	<b>Enjoy a warm beverage</b>	<b>Reach out to a friend</b>
<b>Go to bed early</b>	<b>Stretch your muscles or do yoga</b>	<b>Practice a deep breathing exercise</b>	<b>Drink a glass of water</b>
<b>Make yourself a nutritious snack</b>	<b>Watch a funny video and laugh</b>	<b>Set a goal</b>	<b>Say a positive affirmation out loud to yourself</b>
<b>Talk to someone about your feelings</b>	<b>Do a mindfulness meditation</b>	<b>Participate in a hobby you enjoy</b>	<b>Make a to-do list</b>

*Take note of the activities you enjoyed the most so that you can include them in your regular wellness practice!*

# WELLNESS MONTH EXTRA ACTIVITIES

If you complete all the activities above, here are more that you can try!

- READ A BOOK OF YOUR CHOOSING
- HAVE A SPA DAY
- GO SWIMMING
- CUDDLE AN ANIMAL
- EXERCISE
- DECLUTTER OR TIDY A SPACE
- HAVE A SCREEN-FREE EVENING
- MOVIE NIGHT
- LISTEN TO MUSIC
- WRITE IN A JOURNAL
- COMPLETE A BREATHING EXERCISE
- COMPLETE A GUIDED MEDITATION
- RELAX IN COZY CLOTHING
- PLAY A BOARD GAME OR COMPLETE A PUZZLE
- PRACTICE YOGA
- LISTEN TO A PODCAST
- TALK TO SOMEONE
- TAKE A 20 MINUTE NAP
- EAT A HEALTHY MEAL
- WRITE OUT THINGS YOU ARE GRATEFUL FOR
- BAKE A TREAT