

FEEL GOOD FEB 2022

Prioritise your mental health and wellbeing with positive actions, good deeds and random acts of kindness! Ideas to help bring Act Belong Commit into your classroom and help you feel good.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Keeping active feels great. Set some goals for the month ahead.	2 Chat to a friend you haven't seen in a while.	3 Say hello to someone new to your school.	4 Be a helper - look for ways to help someone at school.	5 Dance like no one's watching! It's the ultimate feel-good exercise.	6 Get outside! Nature and fresh air is good for your mental health.
7 Do something kind for yourself, whatever that may be.	8 Help at home. Wash the dishes, walk the dog, clean up before being asked.	9 Make a handmade gift for someone.	10 Challenge yourself by learning something new.	11 Bake or make something to share.	12 Gratitude journal. Write down 5 things you are grateful for.	13 Act green! Recycle, reuse, or repurpose something.
14 Share the love today - there's plenty to go around.	15 Send someone a handwritten note of thanks.	16 Give someone a compliment - it will brighten their day.	17 Celebrate Random Acts of Kindness Day.	18 Are you still working towards your goals? Make a plan to stay motivated!	19 Pick up rubbish at home, school, the park or beach.	20 Get creative - make, colour, or design something.
21 Donate to a cause. Gift food, bedding, clothes or something else.	22 Practice mindfulness - try yoga, mindful colouring or listening to music.	23 Write positive notes and leave them around the house for others to find.	24 Make a new friend. Choose a different partner, or chat to someone new.	25 Get cooking in the kitchen! Try a new recipe.	26 Set a new goal for March.	27 Spend time with a friend.
28 Reflect on your mental health and how good you felt this month.						

