



APRIL

Self-Care Calendar

MON

TUE

WED

THU

FRI

SPRING
INTO A
NEW
THING

1 START
GOING FOR
WEEKLY
WALKS

2 DONATE
SOME
GENTLY
USED ITEMS

3 SET A NEW
HEALTHY
BOUNDARY

4 START A
GARDEN ON
YOUR
WINDOW SILL

5 HEAD TO
THE PARK
WITH A
FRIEND

HEALTH
JOURNEY

8 TRY A 15
MINUTE
WALK
BEFORE
SCHOOL

9 MEDITATE
FOR 10
MINUTES
BEFORE BED

10 RUN FOR 1
MIUNUTE
WALK FOR 2
FOR 30
MINUTES

11 TRY A
ZUMBA
YOUTUBE
VIDEO

12 TRY THE
GYM WITH A
FRIEND

SPRING
REFRESH

15 ENJOY A
PICNIC

16 TAKE A BIKE
RIDE TO
CLEAR YOUR
MIND

17 SPRING
CLEAN YOUR
SPACE

18 PICK OR BUY
YOUR
FAVORITE
FLOWERS

19 VISIT YOUR
LOCAL
FARMERS
MARKET
WITH
FRIENDS

CALMING
CORNER

22 TRY A
DIGITAL
DETOX

23 TRY A NEW
YOGA
ROUTINE

24 BE CREATIVE
AND/OR
READ A BOOK

25 GO TO A
FRIEND'S
HOUSE WITH
A PUZZLE

26 HAVE A SPA
DAY AT
HOME WITH
FRIENDS

ENJOY THE
CRISP AIR

29 ENJOY THE
SOUND OF
BIRDS
CHIRPING

30 SIT OUTSIDE
AND ENJOY
NATURE

DREAM BIG,
WORK HARD,
- MAKE IT -
happen.

SCAN TO VISIT
OUR WEBSITE FOR
MORE RESOURCES

