



NOVEMBER

Self-Care Calendar



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE:
ACTS OF
KINDNESS



1 BRING YOUR
FRIEND A
SNACK

2 SMILE AT
FIVE PEOPLE
TODAY

3 LEAVE A KIND
NOTE ON A
FRIEND'S DESK

4 CALL SOMEONE
YOU MISS AND
GIVE THEM A
COMPLIMENT

WEEK TWO:
EMOTIONAL
SELF-CARE

7 TELL YOURSELF
THREE THINGS YOU
LOVE ABOUT
YOURSELF

8 REMIND
YOURSELF
THAT YOU
ARE ENOUGH

9 TAKE A
SOCIAL
MEDIA
BREAK DAY

10 FORGIVE
YOURSELF FOR
A MISTAKE
YOU MADE

11 GO FOR A
WALK OR
JOG WITH
A FRIEND

WEEK THREE:
THANKFUL

14 WRITE A
THANK YOU
NOTE

15 SHARE 3
THINGS YOU
ARE THANKFUL
FOR

16 APPRECIATE
YOUR WINS
BIG OR SMALL

17 SAY THANK
YOU MORE
OFTEN

18 MAKE A
GRATITUDE
JAR WITH
FRIENDS

WEEK FOUR:
PERSONAL
SELF-CARE

21 MAKE
YOUR BED
THIS WEEK

22 DECLUTTER
YOUR SPACE

23 PUT AWAY
THE PILE OF
LAUNDRY

24 MAKE AN
UPLIFTING
PLAYLIST

25 TAKE TIME
TO REST
TODAY

WEEK FIVE:
PHYSICAL
SELF-CARE

28 SET A BED
TIME AND
STICK TO IT

29 PRACTICE 5
MINUTES OF
MEDITATION

30 TRY A
NEW
EXERCISE
TODAY



SCAN TO VISIT
OUR WEBSITE
FOR MORE
RESOURCES



CJUSD Student & Family Support Services