

NOVEMBER *Self-Care Calendar*

M T W T F

Week 1:
Emotional
Self-Care

1
Set healthy
boundaries

2
Be kind to
yourself

3
Say yes to
yourself and
your needs

4
Listen to your
favorite
music

5
Pet a furry
friend

Week 2:
Acts of
Kindness

8 Give
someone
random a
compliment

9 Check on
someone you
love

10 Try to help
someone
new today

11 Give
unconditionally
no strings
attached

12
Paint a
kindness rock

Week 3:
Physical
Fitness

15
Stretch for
five
minutes

16 Go for a
brisk walk
around your
neighborhood

17 Do a
GoNoodle
video on
YouTube

18 Go to the
park and play
with your family
or friends

19
Have a dance
party

Week 4:
Thankful

22
Make a
gratitude jar

23
Appreciate
the small
wins

24
Say thank you
more often

25 Share 3
things you are
grateful for with
someone you love

26 Write a
note telling
someone why
you are grateful
for them


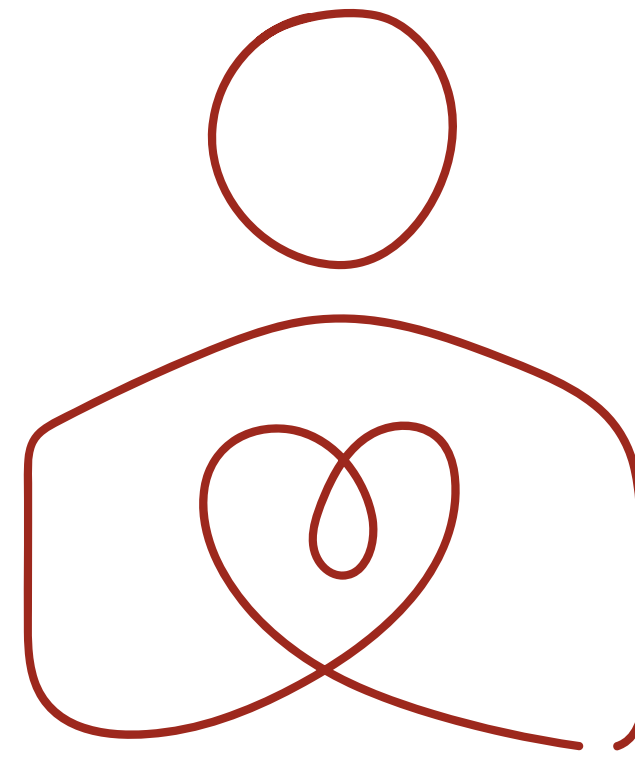
Week 5:
Intentional

29
Take a social
media break

30 Put your
phone away
when with a
friend/loved
one

**NATIONAL
HOMELESS
YOUTH
AWARENESS
MONTH**

Scan to visit
our website for
more resources

kindness challenge

Being kind is a way
we can take care of
ourselves and
others. Participate
in CJUSD's
Kindness Challenge
through
November 18th

CJUSD Student and Family Support Services