








Spring wellbeing calendar

Practise kindness in your community, connect with others, and boost your wellbeing with the suggestions in this calendar.

You can use the blank spaces to come up with your own ideas too. All the resources or activities mentioned can be found at [redcross.org.uk/wellbeing](https://www.redcross.org.uk/wellbeing)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Explore our <u>Self-kindness toolkit</u> with ideas and activities to support yourself and others.</p>			<p>If you know or work with young children, Download the <u>Spring kindness calendar pack.</u></p>			<p>What signs of spring do you notice around you today?</p>
		<p>Have a big stretch, from your toes to the tips of your fingers, then say three nice things that you like about yourself.</p>		<p>Write down three things you have achieved this week – no matter how small.</p>		<p>Send a message to someone telling them what they mean to you. How did doing this make you feel?</p>
<p>Plan a healthy routine with the help of our online advice and activities.</p>	<p>Learn to support others by signing up to one of our <u>Tackling loneliness workshops.</u></p>		<p>Be kind to yourself. Remember, you are worth knowing.</p>	<p>Reach out to someone who may be feeling lonely. A short phone call can make all the difference.</p>	<p>Use our <u>Circles of control activity</u> to help manage anything you're worried about.</p>	
<p>Take time to cook a meal. Enjoy the smell and taste of the different ingredients.</p>		<p>Think of a simple physical activity you would enjoy. A walk in the park, perhaps or some easy stretches.</p>			<p>Can you have a clear out? Donate a bag of pre-loved items to your local Red Cross Shop.</p>	
<p>Write three simple positive intentions for your week. For example, I will go outside every day.</p>			<p>Try something new today. A recipe, creative activity or change of routine, perhaps?</p>			<p>Listen to your favourite uplifting music, and dance like nobody's watching.</p>






The power of kindness

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Decide on five kind acts you'll do during the month, for yourself, others and the environment.		What is your favourite <u>wellbeing activity</u> that you would like to recommend to others?			Have you tried mindfulness? It's actually very simple. Learn more in our Self-kindness toolkit.	
Start the week with some simple <u>exercises</u> , then list five things you are good at.		Learn something new, like how to look after others in an emergency. Download our First aid apps.		Write down three things you are grateful for. 		Watch your favourite uplifting movie or TV show. Tell someone why you like it so much.
Which of our <u>Five ways to wellbeing ideas</u> can you try this week?			Consider <u>subscribing to a Kindfulness box</u> . Or make your own self-care box with things that help you relax.			
	Who can you connect with today? Read our tips on making new connections.				Have you considered volunteering with the British Red Cross? <u>Find out more on our website.</u>	
Reflect on the last two months of wellbeing - what will you keep doing for the rest of the year? 		Remember that the British Red Cross is here for you throughout the year.		Try to reach out to someone today and ask them how they are.		Get outside today, whether in your garden or a park. What signs of spring do you notice?

Head to redcross.org.uk/wellbeing to find out more about our free wellbeing education resources and workshops for adults (+19) on topics such as managing stress, anxiety and tackling loneliness.