

MARCH 2021 HAPPINESS DAY GRATITUDE CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN
1 Look for one thing to say positively to someone today	2 Make a list of new things you want to do this month	3 Offer to help someone who is facing difficulties at the moment	4 Bring joy to others - share something that made you laugh	5 Congratulate someone for an achievement that may go unnoticed	6 Stretch yourself. <u>Join an online or in-person yoga class.</u>	7 Plan a new activity or idea you want to try out this week
8 Thank your local service providers	9 Check out the programming provided at <u>First Peoples' House</u>	10 Call a friend or relative to say hello and have a chat	11 Enjoy new music today. Play, sing, dance or listen.	12 When you feel you can't do something, add the word "yet"	13 Get outside. Enjoy and be kind to nature	14 Help out your peers – donate to the <u>Campus Food Bank</u>
15 Put your worries into perspective, then try to let them go	16 Be kind to the planet. Pick up litter dropped near a bin	17 Join the <u>ECSA Virtual Game Nights</u>	18 Take a small step towards an important goal	19 Leave a positive note for someone to find	20 Do three unexpected acts of kindness for others	21 Look out for positive news and reasons to be cheerful
22 Remember: joy is all around us if we have eyes to see it	23 Give yourself a boost. Try a new way of being physically active	24 Make progress on a project or task you've been avoiding	25 Make a plan to meet up with friends again later in the year	26 Share what you are feeling and be willing to ask for help	27 Get back in contact with an old friend you miss	28 Nourish your body – use these easy <u>Healthy Eating resources</u>
29 <u>Book an online tea time</u> with Unitea	30 Think of three things that give you hope for the future	31 Remember: all feelings and situations pass in time	 <p>partners in DAYS OF ACTION</p>			

Encourage more generosity, kindness, enthusiasm and connection – share this calendar with others