

Summer self-care challenge

The summer holidays are almost here and it is a great opportunity to relax and put your feet up! But sometimes, the change of routine can leave you feeling a bit disorganised and unproductive.

Carry out the Sweet self-care challenge for the next six weeks and feel great this summer!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July	19 th Eat a tasty, nourishing breakfast.	20 th Watch something which makes you laugh.	21 th Do something you enjoy.	22 nd Reconnect with a friend or family member.	23 rd Complete a 5-minute mindfulness meditation.	24 th Research ways that you could volunteer over the summer.	25 th Do something outdoors – cycle, walk, sit in a park!
	26 th Try a new recipe.	27 th Move in a way that you enjoy, whether that is dancing, running or yoga!	28 th Drink 2 litres of water.	29 nd Carry out an act of self-care which you enjoy.	30 th Complete a 5-minute mindfulness meditation.	31 st Listen to music which makes you feel good.	1 st Get creative!
	2 nd Plan to see friends.	3 rd Get involved in gardening – it could be as small as a potted plant.	4 th Carry out a random act of kindness.	5 th Do something outdoors – cycle, walk, sit in a park!	6 th Complete a 10-minute mindfulness meditation.	7 th Have a day without social media.	8 th Make a list of things you like about yourself.
	9 th Volunteer for a local charity or organisation.	10 th Start reading a book that you've been meaning to read for a while.	11 th Make a list of things you have achieved over the last year.	12 th Move in a way that you enjoy, whether that is dancing, running or yoga!	13 th Complete a 10-minute mindfulness meditation.	14 th Cook your favourite meal.	15 th Carry out a random act of kindness.
	16 th Draw or colour mandalas and other patterns.	17 th Do something outdoors – cycle, walk, sit in a park!	18 th Create a poster for your wall of your favourite inspirational quote.	19 th Play a board game.	20 th Complete a 15-minute mindfulness meditation.	21 st Offer help to a friend, family member or neighbour.	22 nd Take a nap.
August	23 rd Make a scrapbook with your photos and memories from the summer.	24 th Make a list of things you are grateful for.	25 th Carry out a random act of kindness.	26 th Try something new.	27 th Complete a 15-minute mindfulness meditation.	28 th Move in a way that you enjoy, whether that is dancing, running or yoga!	29 th Get your bag and uniform ready for going back to school.

