











Summer wellbeing calendar

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

You can also use the blank spaces to come up with your own ideas too. For more ideas, [download our Self-kindness toolkit](https://www.redcross.org.uk/wellbeing). 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
Set a positive intention for the month. What do you want to achieve?				Plan a meal around a fruit or vegetable that is in season		
		Send a message or call someone you haven't spoken to in a while				Download our First aid app to learn how to prepare for hot weather
Take a walk to clear your mind. Notice the signs of summer around you			Write something kind and leave it for someone to find			
	Get creative and repair, paint or repurpose something you own				Grow something! Seeds can flourish in jars, pots, window boxes and gardens	
		Explore local community groups to meet new people				Quiet time Choose a book or go to a quiet space where you can enjoy some time to yourself



The power of kindness