

Mindful May

Mindful Calendar 2023

S	M	T	W	T	F	S
	1 Start a mindful journal & reflect on your day	2 Take a bubble bath & focus on deep breathing	3 Do a blindfolded mindful eating activity	4 Listen to your thoughts & write them down	5 Watch your favorite movie	6 Create a sensory bottle
7 Download a mindfulness app	8 Draw, color, or do anything creative	9 Create an "emotion octopus" craft focusing on feelings	10 Find some quiet time & be still with yourself	11 Play Guess Who! This teaches us to pay attention to details	12 Spend 20 minutes silently reading	13 Go on a backyard "safari"! Notice as many animals as you can
14 Go on a mindful walk	15 Play Red Light, Green Light to practice observation	16 Tell yourself at least 5 affirmations	17 Take a deep breath & describe what you smell	18 Practice progressive muscle relaxation (PMR)	19 Try a body scan exercise to focus on your feelings	20 Take 5 minutes & focus on your 5 senses
21 Try to go the whole day without using electronics	22 Listen to a guided meditation exercise	23 Read a book on mindfulness	24 Do yoga & focus on the present moment	25 Create a breathing visual	26 Write down 2 things you are grateful for	27 Create a Mindful Jar
28 Go outside & notice the beauty of nature	29 Take time to stop & smell some flowers	30 Pay attention to the flavors of your food as you eat	31 Take a nature walk & focus on your 5 senses			

Note:

If you choose to create a mindful journal, try writing or drawing something new every single day!

For more information on mindfulness activities, follow this [link](#)!

