

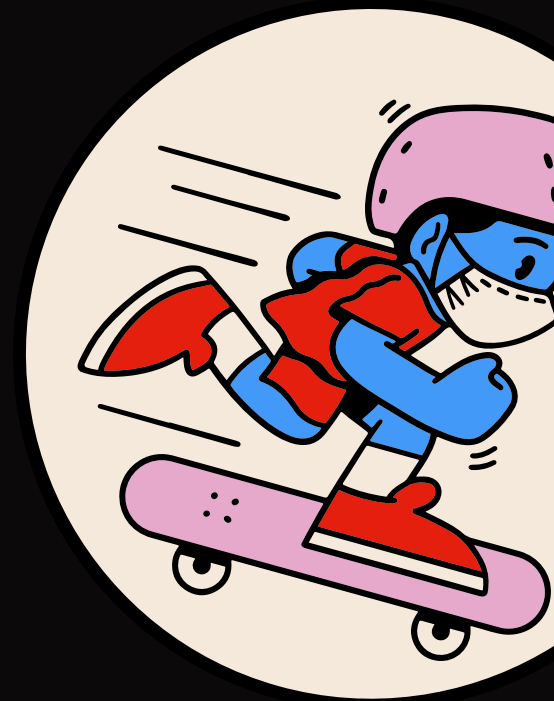


**BE MINDFUL
BE MINDFUL
BE MINDFUL**

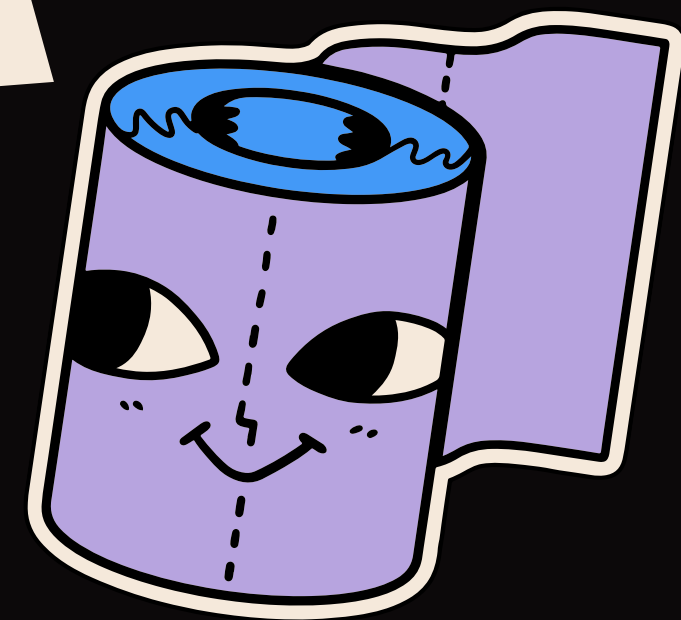


WELLBEING CALENDAR APRIL

Ways to look after your well-being



--stay 2m away--



HEY THERE!!

- The purpose of this calendar is to give all members of the community a chance to explore activities that will aid their well-being.
- We hope to create a sense of awareness among students and make sure they remember to take a little time for themselves.
- With that being said, we hope this calendar lets you express and release all the pent up emotions and feelings.



THE COMMUNITY TEAM WISHES YOU TONS OF ENJOYMENT AND HAPPINESS DURING APRIL!!





Ramadan
Kareem



REGISTRATION ACTIVITY

TALK ABOUT CULTURE

Considering Ramadan is a holy month of worship, study of the Quran, prayer, and fasting. Take a moment to reflect on your own culture and speak to your peers about festivals similar to Ramadan that you celebrate. The aim is for us all to connect and realize that we share common attributes among the many differences. Post your pics on the Padlet link shared below:

<https://padlet.com/sakshiwin2005/8ckhxr0ku0jz82x4>



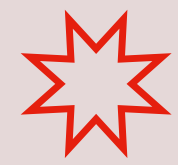


WEEK 1

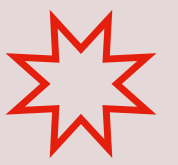
In the midst of our stressful lives– take a moment to breathe and do the activities for an assured sense of relief.

Stress Awareness Month has been recognized every April since 1992. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. After all, stress can impact many aspects of our life.

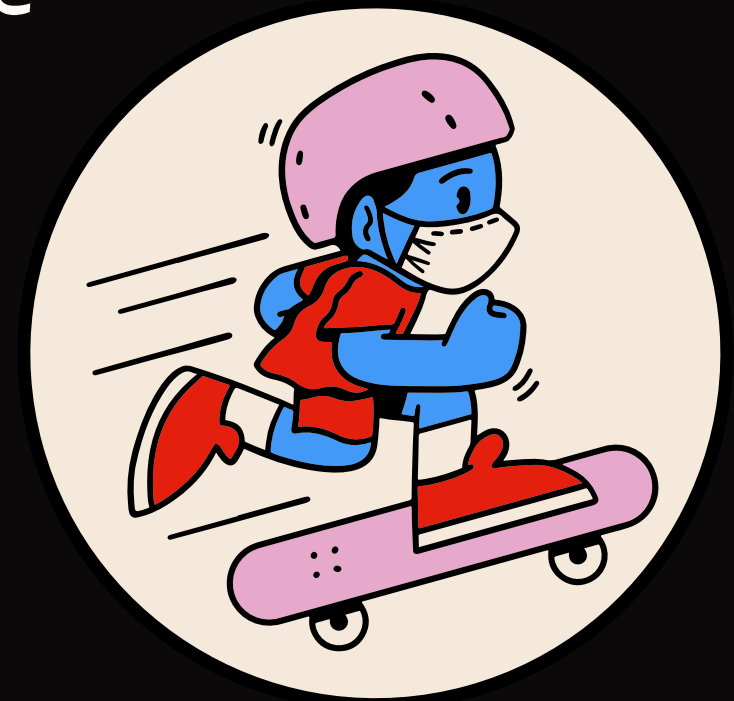


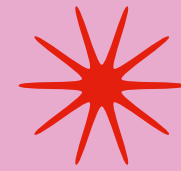


MAKE A MARATHON OF MOVIES, SHOWS OR BOOKS FOR YOU



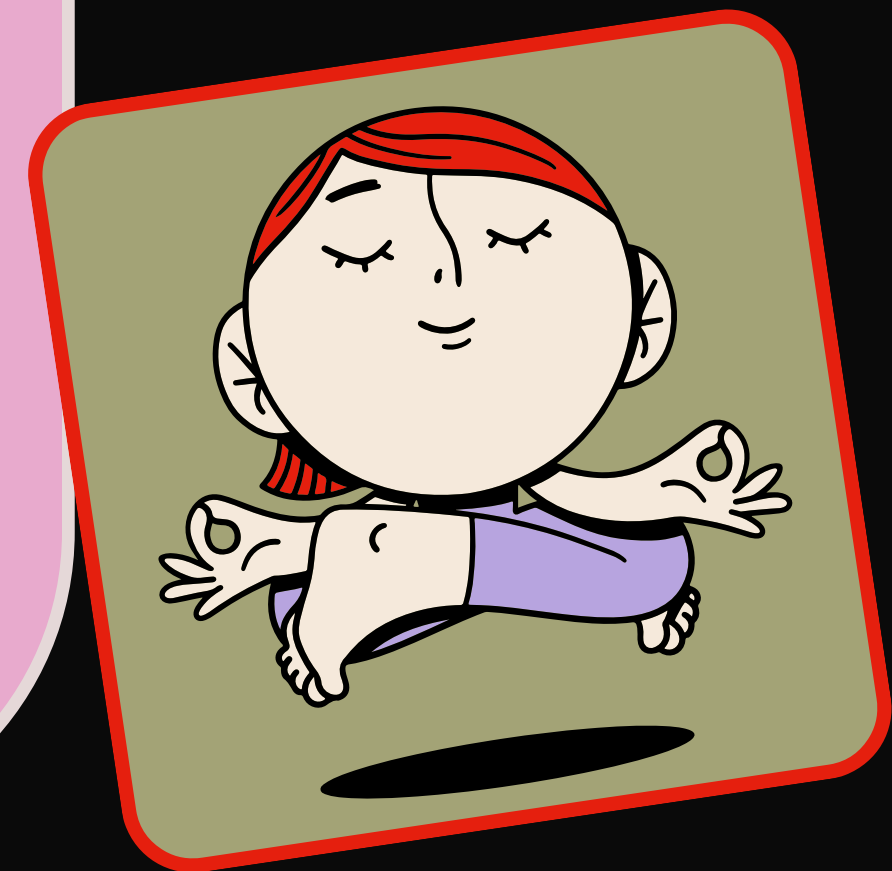
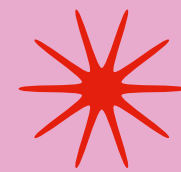
- 1- Take a little time out to discuss a few good movies for the soul.
- 2- Select 5-6 of your favourite
- 3- Put them on a little sticky note and stick it on your wall
- 4- Whenever you want to sit back, relax, and unwind- you won't need to stress about what to watch- grab the sticky note and popcorn because its time to DESTRESS!!

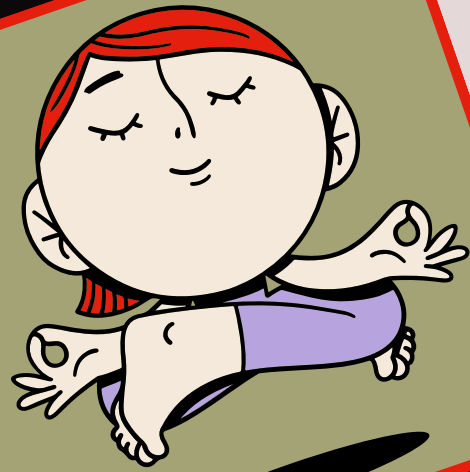




STRESS FREE LIST

Let's make one together!! Add
your favorite books, shows,
movies, books to release the
stress.





BREATHE & MEDITATE



Did you know that it is important to reset your brain every 15 minutes??

You can do this easily with a few deep breathing exercises.

Sometimes taking a few deep breaths and 5 minutes of meditation is enough to calm you down.

You can do these exercises at home

<https://www.youtube.com/watch?v=QHkXvPq2pQE>

https://www.youtube.com/watch?v=Q-DXxB_5e28



WEEK 2



In the midst of our exams, homework, coursework, we all are going through various emotions that may make it hard to focus or see the end goal. However, academics weigh a lot of value and to help you ace the academics, here are a few activities that will definitely make the proccess of school and work much easier.

YOUR WORK
IS ON FIRE



MAKE A VISION BOARD!!

Put down all your dreams,
aspirations, goals and
everything you envision
for the future. Make them
BIG and everytime you
feel like the objective
is hazy, look up to the
vision board and remember
why you are working
SO HARD!

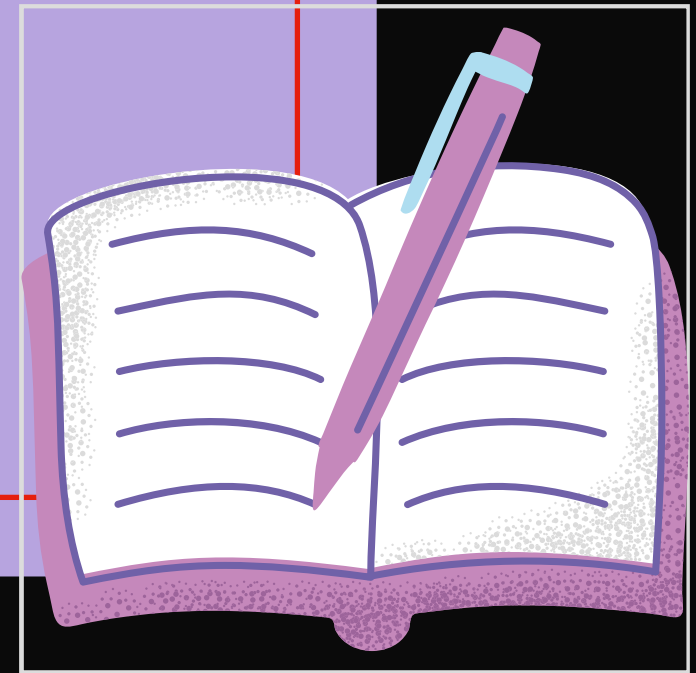




MAKE A BUCKET LIST

Write all the big things you'd like to do
in your life!

make it nice and long- and be ambitious!
after all, you only live once!





WEEK 3



This week is interesting– April 17–23 is National Volunteer Week & is an opportunity to recognize and thank volunteers who lend their time, talent, voice, and support to the causes they care about in their community. Their stories can serve to inspire others to find ways to take action that creates change. It is your turn now! And what better way to spend the Holy month of Ramadan!!



VOLUNTEER TODAY!!



01

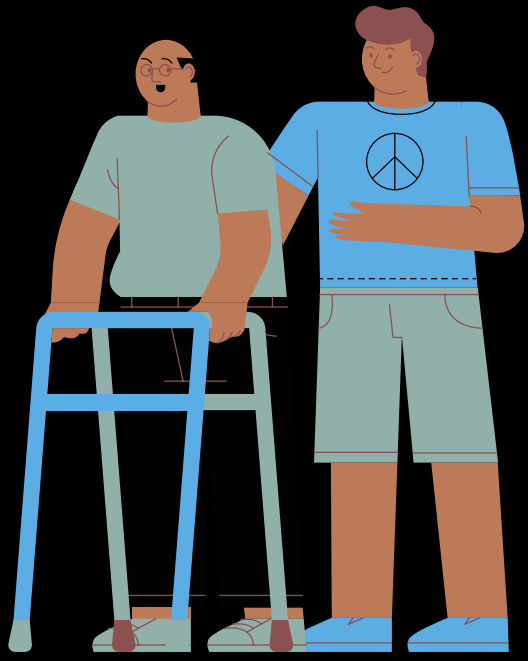
Join a NGO and contribute toward their cause- check out @sahemforhope on Instagram

02

Start a dog walking service with your friends, raise money and donate it for any cause

03

Donate books, clothes, shoes, food, toys to a charity organisation



VOLUNTEER TODAY!!



04

Encourage your friends and family to start a fundraiser!

05

Start a small business and donate your earnings to any charity!

06

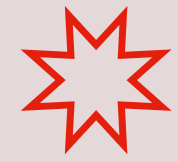
Volunteer at a local animal shelter (or adopt a furry friend!)



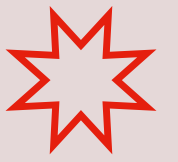
WEEK 4

As we come toward the end of the month, let's get to the physical aspect of well-being. At the end of the day, no matter how much we nourish our body, fuel our mind- we need to focus on our physical Health. 1st April is termed 'Walk to Work day'





Here is a pretty elaborate idea for you:



- 1- Walk to your friends house
- 2- Have a running race
- 3- Go for a swim at the pool/beach
- 4- Walk to the mall/local cafe and relax for a bit

What are you waiting for?? Text your friend, you have a plan to make!

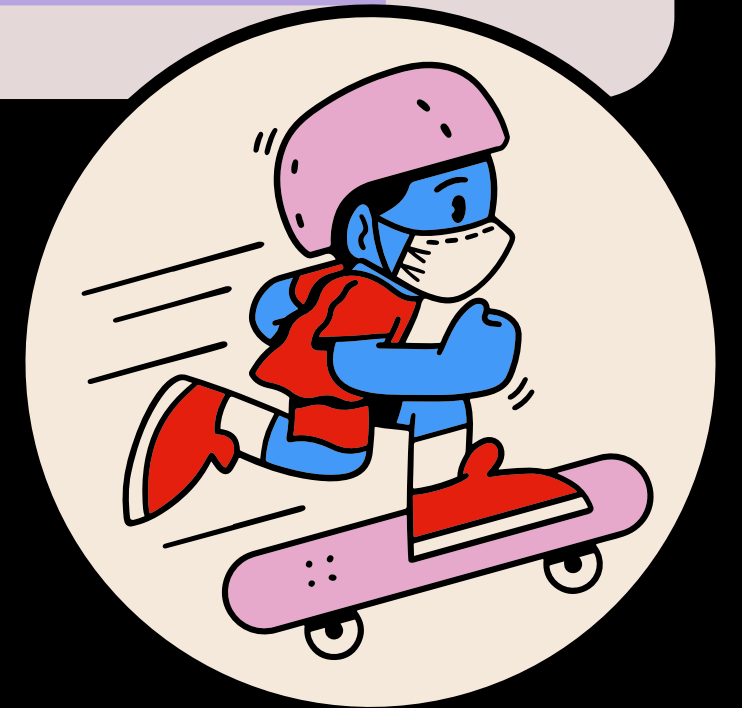
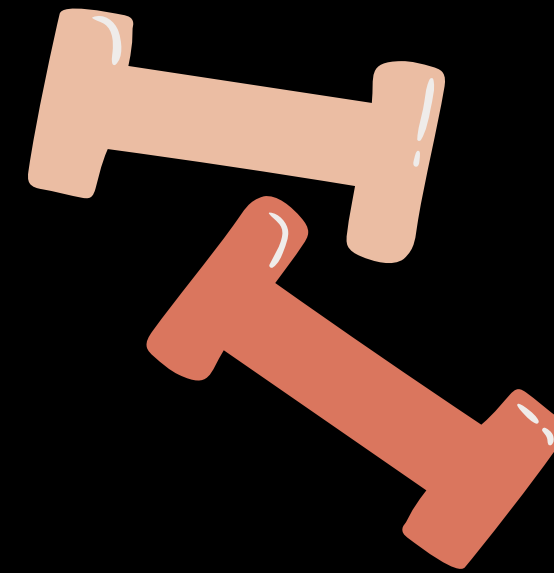




or try these:



- take a jog around the neighborhood!
- try a new sport
- go for a calming walk
- do stretches
- play with a jumprope
- ask your friends to join you at the park and play games.





ACTIVITY OF THE MONTH



ACTIVITY:

- Cook an Eftar meal for your family/neighbor- keep the aim of this activity as 'SHARING' and 'GIVING' as Ramadan is known to be the month of giving.
- You can even make a cool drink/juice for someone working in the hot sun, even a packet of biscuit along with that goes a long way.
- Lastly, remember - no matter who and what you do, always have a SMILE on your face. That will automatically light up the faces around you!!