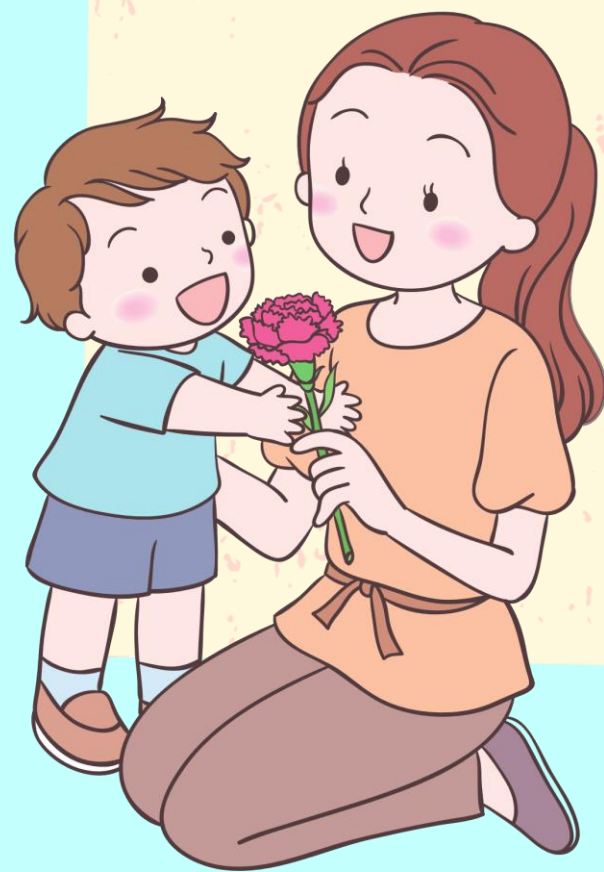


Wellbeing Calendar

MAY 2022



Registration Activity

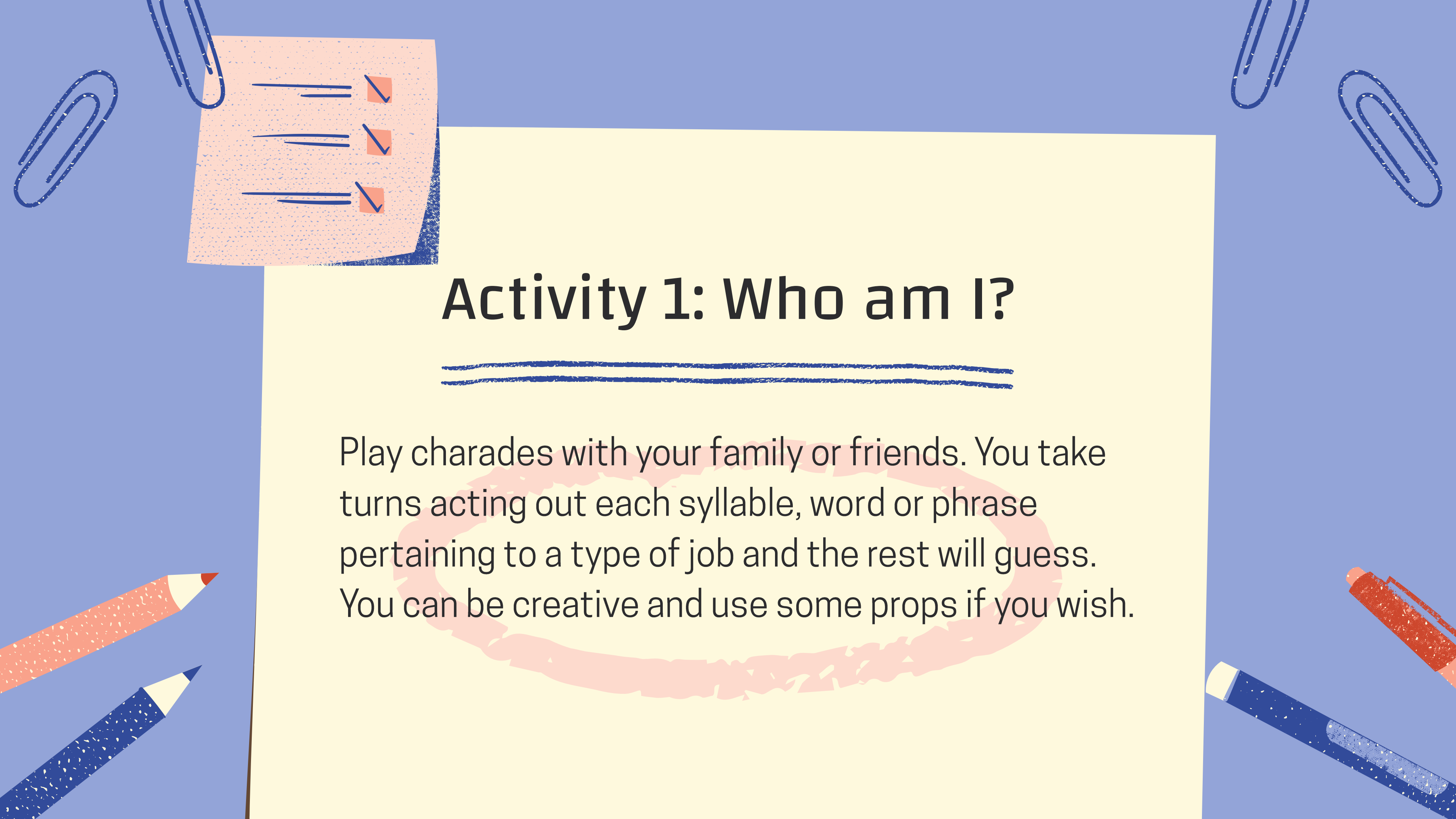
Project of the Month

The Book of Thank you

Make a manual or online booklet and list all the things you are thankful for. You can draw or stick some photos on each pages.

On the front page, replace the word thank you in your native language like Book of Shukran, Book of Merci, Book of Salamat, and so forth.

Upload your books here: https://padlet.com/jaime_reyes88/wz80wmdaumb9juig

The background is a solid blue color. In the top left corner, there is a small orange notepad with three lines, each followed by a red checkmark. Three blue paper clips are scattered around the notepad. In the bottom left corner, there are two pencils: one orange and one blue. In the bottom right corner, there are two markers: one orange and one blue. The main content is on a large yellow rectangular area in the center.

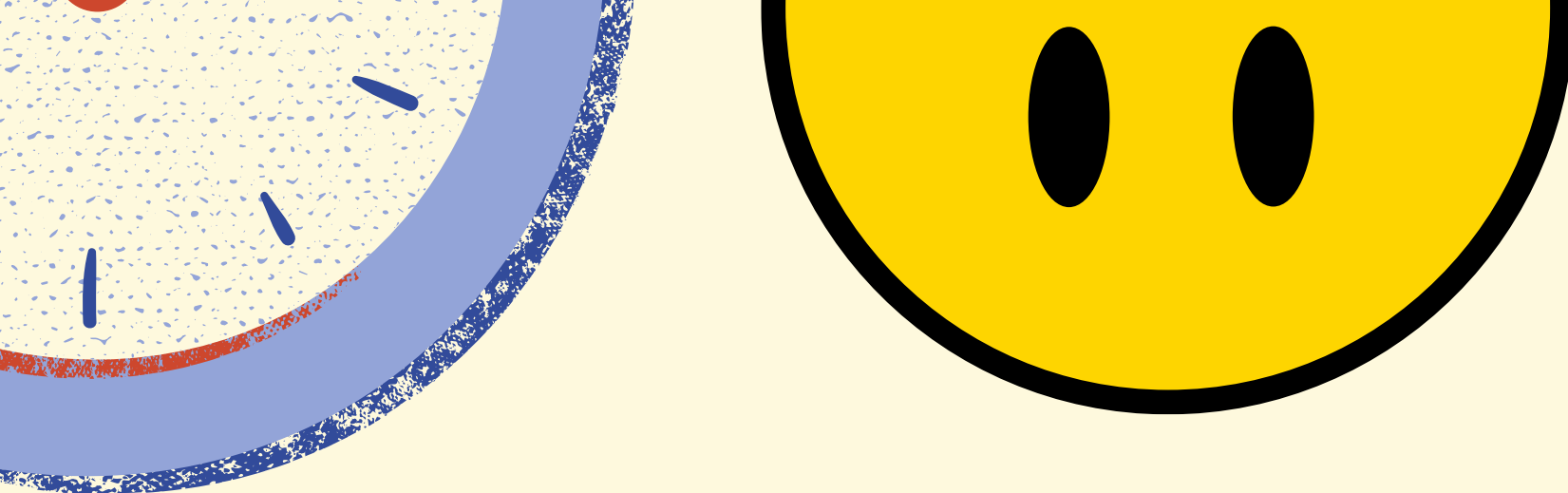
Activity 1: Who am I?

Play charades with your family or friends. You take turns acting out each syllable, word or phrase pertaining to a type of job and the rest will guess. You can be creative and use some props if you wish.

Activity 2: May I?

Community helpers are doing their best to serve people but are often unnoticed. Organize an event where participants can gather and offer to lend a hand to the workers within the community. They can help clean up the surroundings or prepare snacks for them. This way, we can show our gratitude and will make them feel special.

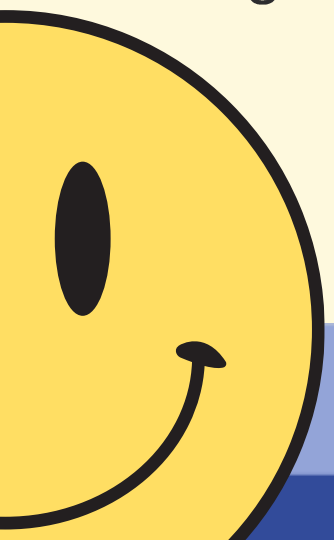
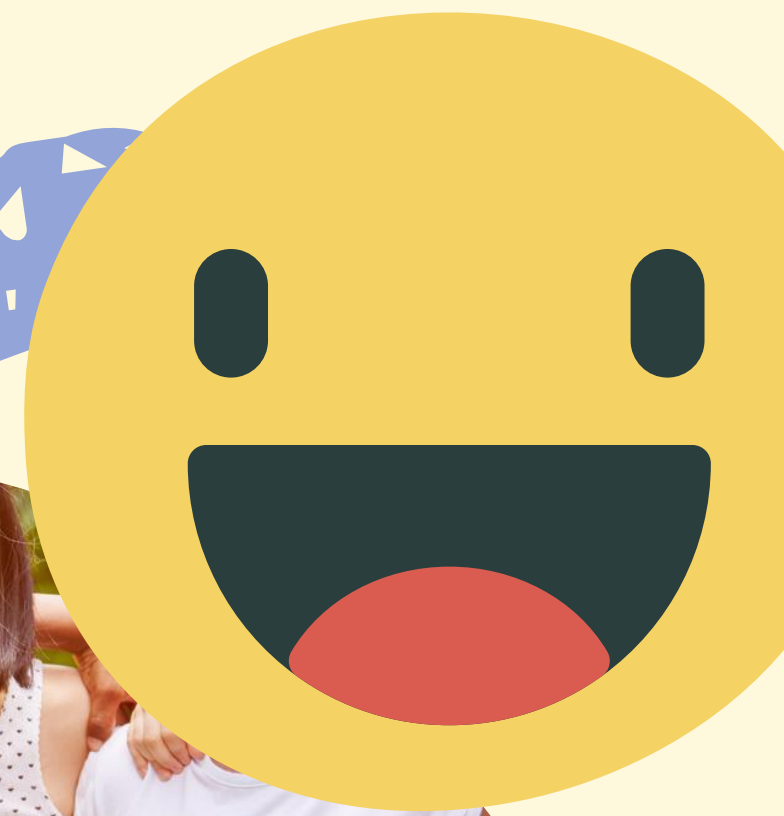




World Laughter Day

There is nothing in the world so irresistibly contagious as laughter and good humor - Charles Dickens

Incredibly 'contagious' as it seems, This unique celebration is all about jokes, laughter and undeniable fun! Usually celebrated on the first of March, World Laughter Day is a day to remind those from all over the world the importance of laughter and to share the feeling to your families and friends.



Activity 1: Oh, It's a Joke!


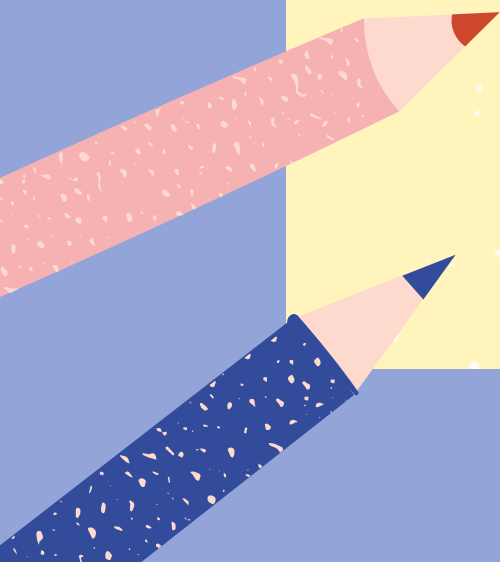
Share some jokes to your classmates and friends and Prepare a poster signifying the importance of laughter and happiness.

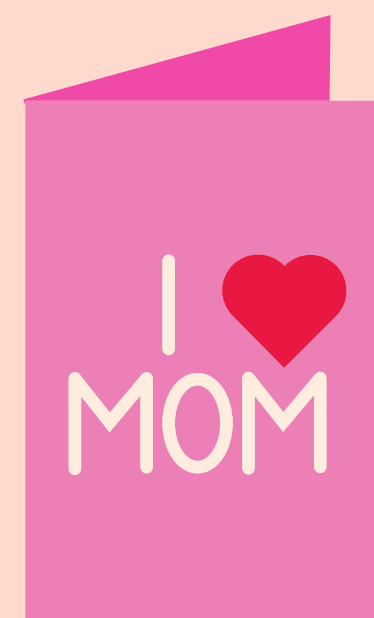




Activity 2: Laughing Out Loud!

Plan a mini outdoor film showing in your area and invite young kids to watch a funny movie. You can cook popcorns for added fun. You can also stage a puppet or comedy show so the kids will laugh their hearts out.





Mothers Day Special

It is agreeable that mothers are one of the most important people in our lives, regarding the fact that they shaped and guided us to who we are now. Therefore, to prove how grateful we are, we would celebrate a day in which all of us will value our mothers dearest and spend time with them.



Happy
Mothers
Day



Activity 1: Mom for a Day



Let your mom sit and relax while you do the things she usually does:

1. Prepare a nice breakfast.
 2. Sort out the laundry or fold the washed clothes.
 3. Vacuum the floor.
 4. Take care of your siblings.
- 
- 



Activity 2: Thanks a Bunch!



A homemade **card** can make **Mother's Day** extra special, and adding your own personal touch will make your mom happier. Make and prepare a card for your mom, thanking her a bunch for all her efforts.

Activity 3: Pamper Your Mom

Since it's a special for Mums, ask her out on a date. You can help her shop for new clothes or bring her to the salon for a make over. A well-deserved treat for all the sacrifices they are making for the family.



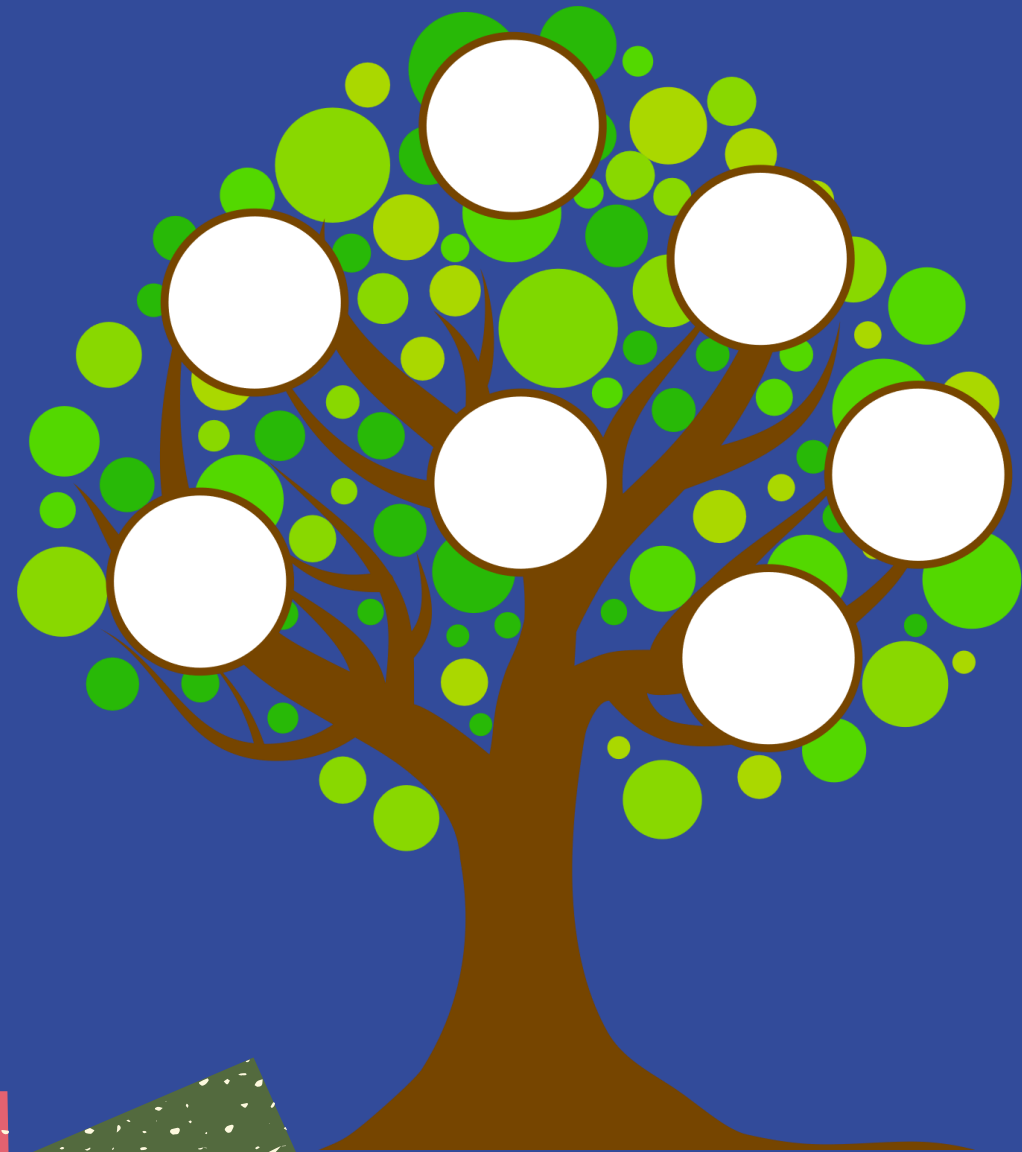
International Day of Families



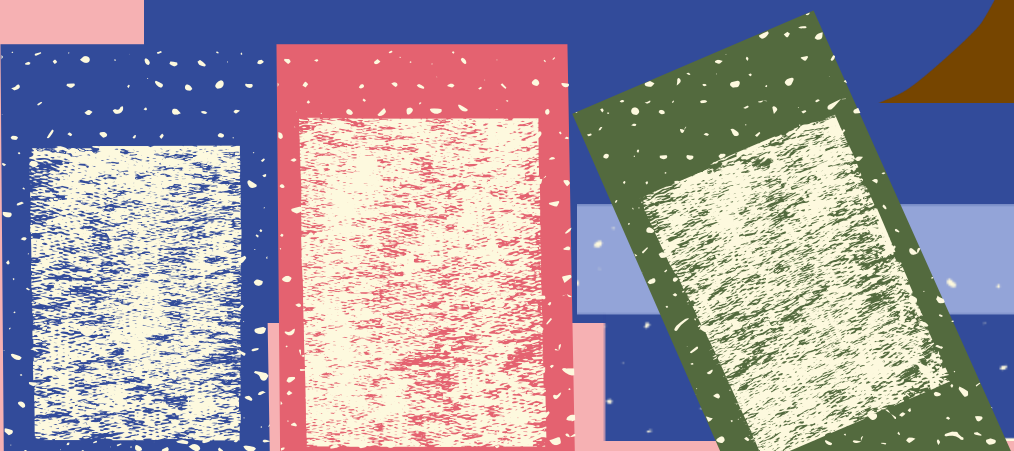
“Being a family means you are a part of something very wonderful. It means you will love and be loved for the rest of your life.” –Lisa Weed

Love and support may be achieved from any person, but that is nothing compared to the amount you can receive from your family. The International Day of Families is observed on 15 May every year and was established in 1993 by the United Nations. It is applied as an awareness creating an impact onto the basic family structure. Altogether, it serves as a reason that families matter the most.

ACTIVITY 1: FAMILY TREE



Get to know your roots and create a family tree using materials available at home. Be creative and imaginative.



ACTIVITY 2: FAMILY DAY OUT

Spend the whole day with your family doing the things you all enjoy the most. You can go to the park, eat at your favourite restaurant, watch a movie or just stay home and play board games.





PHYSICAL AND MENTAL WELLBEING

For the last week of the month, we will do some physical and mindfulness activities for us to be recharged and be ready for the months ahead. Get your gears ready and let's do some fun and exciting activities.



Activity 1 - Game On

Research on traditional games in your home country and ask your friend or family members to play with you.



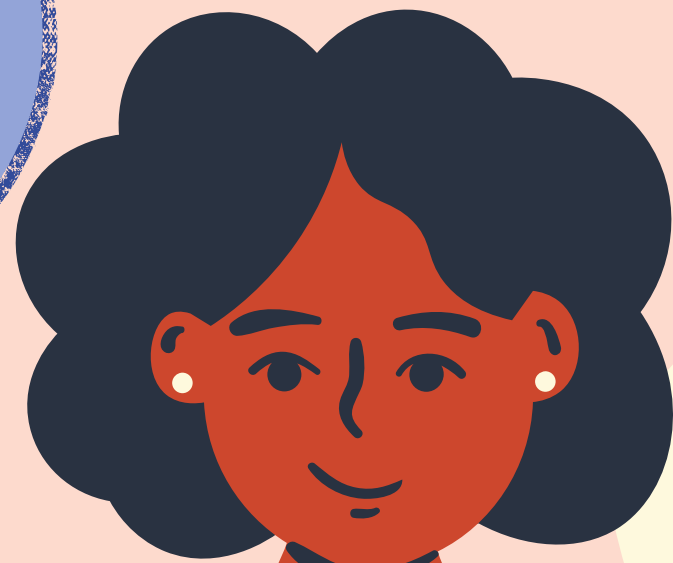
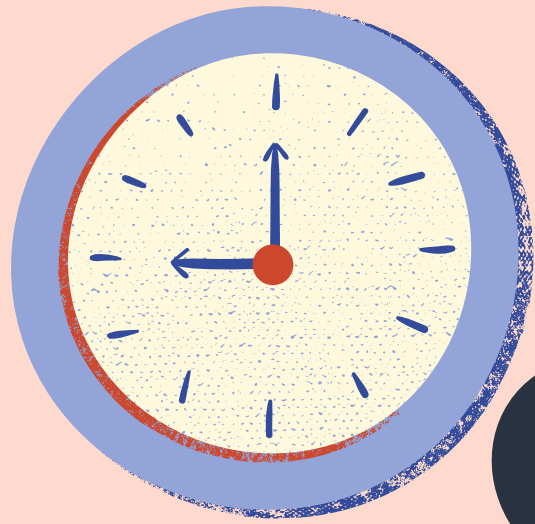
Activity 2 - Mind Craft

Sometimes we are too busy with tasks that we forget to just sit and relax. Put away your gadgets and sit in a quiet place. Do some crafts related to what you are thinking at that very moment. Express yourself through arts and crafts. A great way to reset your mind.

Activity 3 - Yo, Yoga!



Students can try coming up with new yoga poses and try them with their families and friends.



https://padlet.com/jaime_reyes88/wz80wmdbaumb9juiq

Upload all the activities here.



Thank
you!

