




RunTogether

Supporting mental health

31-Day Wellbeing Countdown Calendar

Join us in this 31-day challenge, all about looking after our wellbeing and finding things to smile about!

		DAY 1 Look for the colour yellow 	DAY 2 Think about 3 people you are grateful for	DAY 3 Listen for sounds made by nature 	DAY 4 Look for your favourite colour 	DAY 5 Think about your favourite place
DAY 6 Plan a way to say thank you to someone 	DAY 7 Look for triangular shapes 	DAY 8 Listen for 3 sounds 	DAY 9 Plan a random act of kindness 	DAY 10 Look for the colour red 	DAY 11 Tell a joke 	DAY 12 Listen to your favourite song 
DAY 13 Look for 3 different patterns	DAY 14 Plan something to look forward to	DAY 15 Plan to call a friend for a catch up 	DAY 16 Look for the colour blue	DAY 17 Think about 3 things that make you smile 	DAY 18 Fancy dress day?!	DAY 19 Plan a treat for yourself!
DAY 20 Look for circle shapes 	DAY 21 Listen for sounds made by people	DAY 22 Think about something you are good at	DAY 23 Stop, close your eyes and listen 	DAY 24 Plan a treat for a friend	DAY 25 Think about a favourite memory 	DAY 26 Think about 3 things that make you laugh
DAY 27 Look for square shapes 	DAY 28 Think of something good that has happened 	DAY 29 Listen to your breathing	DAY 30 Think about 3 things you are grateful for	DAY 31 Think about 3 things you are looking forward to	Take part with others (where COVID guidance allows) or on your own whilst out on a walk, run, or from your home, and share on social media using #RunTogether #BetterTogether	

Take notice, connect and be grateful!