

## Songkran Self-Care Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 HAPPY HOLIDAYS	4 Set a goal regarding your routine for the Songkran period, if you live with others sit together and agree some shared goals.
5 Organise your music collection and make a new playlist of current favourites.	6 Reach out via phone or email to an old friend or relative you haven't connected with for a while.	7 Take a walk in your neighborhood without your phone and notice the nature around you.	8 Set aside 30 mins to stretch or do a yoga practice. There are loads of great workouts on You Tube.	9 List 5 things you are grateful for.	10 Watch a comedy on TV, Netflix or another streaming service. The sillier the better!	11 Have a Spring clean – organise a cupboard, a drawer or a garage. Donate what you don't need.
12 Curl up with a book and read. If possible go old school and read a real paper book.	13 Make some art. Sketch, colour-in, collage, paint, sew, whatever you have at home.	14 Do 30mins of intense exercise. Think a HIIT workout, a run or a cycle. Enjoy those endorphins afterwards!	15 Plan and prepare a delicious meal. Bonus points if it is healthy and nutritious.	16 Set-up a family games or quiz night via Zoom or Google Meet with your extended family.	17 Pamper yourself. Take a long shower or bath. Do a face mask, paint your nails, yes you too boys!	18 Go to bed early to start resetting your body clock ready for work/school hours to restart on Monday.
19 Make a healthy meal plan for next week and go shopping so you are organized for work/school on Monday.	20 BACK TO LEARNING	21	22	23	24	25