

Feeling Good Activity Calendar

Week	Day	Day	Day	Day	Day	Day
Week 1	1	2	3	4	5	Rainy Day!
Welcome to the Feeling Good Challenge! Each day there will be an activity to complete to help you feel good.	Get started: Browse the module	Create your Gratitude Journal	Start on a 300-piece puzzle together	Family Scavenger Hunt	Make a family dinner together	Listen to an online book together
Week 2	1	2	3	4	5	Rainy Day!
	Continue working on a 300-piece puzzle together	Pick a project to volunteer together	Write in/ share your Gratitude Journal	Play family fitness Monopoly	Watch a family movie together. What part of the movie did you like best?	Bake a treat together
Week 3	1	2	3	4	5	Rainy Day!
	Solve a problem	Write in/ share your Gratitude Journal	Random Acts of Kindness Day to friends and family members	Karaoke/ Dance night	Continue working on a 300-piece puzzle together	Make up and tell your own stories about your life
Week 4	1	2	3	4	5	Rainy Day!
	Play family fitness Monopoly for family game night	Finish your 300-piece puzzle together	Family coloring contest	Write in/ share your Gratitude Journal	Plan the next month of Friday Family Activities	Spring-clean the house together by each taking a room