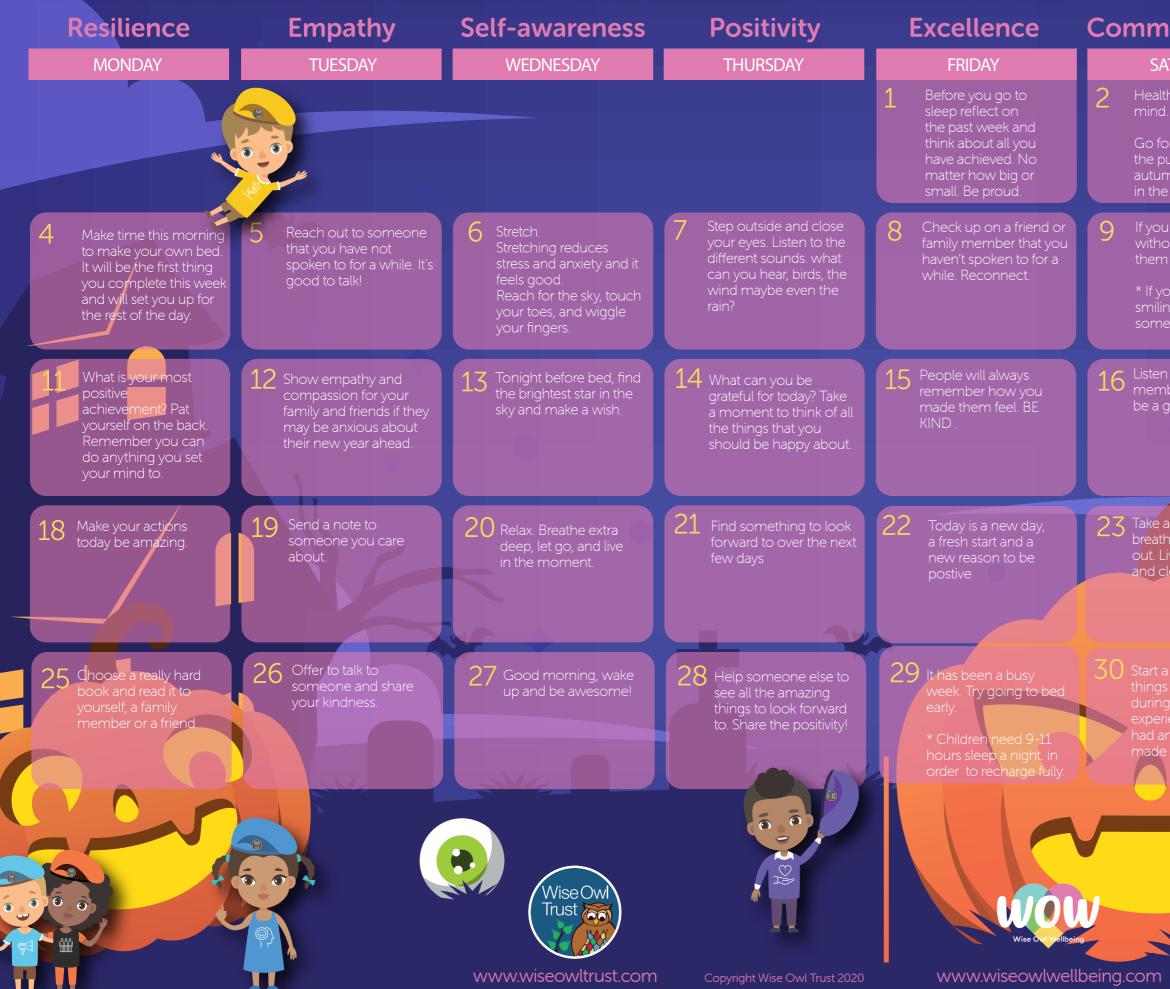
HALLOWEEN WELL-BEING Calendar October 2021



Communication

SATURDAY

Healthy body healthy mind.

Go for a walk, splash in the puddles, kick the autum leaves and take in the fresh air.

If you see someone without a smile, give them one of yours.

* If you don't feel like smiling today talk to someone you trust.

Listen to a family member or friend and be a good friend.

SUNDAY

amwork

Turn off the TV , find a quiet place and get lost in a book.

Reading is the gateway to the world.

Take some time for youself, read a book, play a game, paint or draw.

17 Healthy body healthy mind.

Dance like no one is watching. You don't even need music.

23 Take a moment to breathe in and breathe out. Live in the moment and clear your mind. 24 s

Show amazing teamwork skills with your family and friends by helping and supporting them wher needed.

Start a diary. Write down things you have done during the day, experiences you have had and how they have made you feel.

HAPPY HALLOWEEN.

Stay safe, don't go out alone. Have fun.

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