

There are only two weeks left in the month of May... Let's make them meaningful!!

Try to complete these 14 actions to look after ourselves and others as we face this challenging time together.

Meaningful May 2020						
18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday	23 Saturday	24 Sunday
Call a friend or relative to say hello	Tell silly jokes to make someone laugh	Send friends a photo of a time you all enjoyed together	Reconnect with nature today, if you're stuck indoors – draw a picture of nature/ watch a nature documentary/ join Wild Earth on You Tube	Write down five things that you are really good at. Use these strengths today in some way	Donate food/ supplies to a local food charity/ animal shelter	Hand write a note to someone special and send them a photo of it
25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday	30 Saturday	31 Sunday
Send five people compliments today	Write down three things you've done that you are really proud of – celebrate these achievements	Clean up a mess you didn't make	Help make dinner/ do a chore for someone else	Draw a picture for mom or dad/ granny or grandpa/ one of your siblings	Share an inspiring quote with others to give them a boost/ let someone know you love them and how much they mean to you	Share photos of three things you find meaningful or memorable

