

## Sustainability and Wellness Calendar for weeks 8 – 10

<p>MONDAY 31/8</p> <p>Listen to music  <a href="https://www.youtube.com/watch?v=pfA_7QOx0U">https://www.youtube.com/watch?v=pfA_7QOx0U</a></p>	<p>TUESDAY 1/9</p> <p>Collect 3 pieces of rubbish on your daily walk</p> 	<p>WEDNESDAY 2/9</p> <p>Help someone around the house with a chore</p>	<p>THURSDAY 3/9</p> <p>Convert a t-shirt into a tote bag  <a href="https://www.youtube.com/watch?v=O33Wq_uz6Y">https://www.youtube.com/watch?v=O33Wq_uz6Y</a></p>	<p>FRIDAY 4/9</p> <p>Pay 5 compliments to people during the day and see them smile 😊</p>	<p>SATURDAY 5/9</p> <p>Create a “conscration” (construction from scrap) using items you find at home – <b>NO NEW PURCHASES ALLOWED</b> 😊</p> 	<p>SUNDAY 6/9</p> <p>Make a meal out of your fridge contents without buying anything</p> 
<p>MONDAY 7/9</p> <p>Do a chalk drawing out the front of your house</p> 	<p>TUESDAY 8/9</p> <p>Complete a mindfulness colouring activity  <a href="https://www.twinkl.com.au/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack">https://www.twinkl.com.au/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack</a></p>	<p>WEDNESDAY 9/9</p> <p>Sketch/draw the house of your dreams</p> 	<p>THURSDAY 10/9</p> <p>Write a letter to a relative who would be missing you during isolation</p> 	<p>FRIDAY 11/9</p> <p>Set up a zoom call with your relatives and play a game or do a quiz</p>	<p>SATURDAY 12/9</p> <p>Enjoy a movie night on zoom with friends</p> 	<p>SUNDAY 13/9</p> <p>Plant some seeds, pull some weeds, enjoy your garden</p> 
<p>MONDAY 14/9</p> <p>Make a sustainability or wellbeing poster and display it for people to see</p> 	<p>TUESDAY 15/9</p> <p>Drop a treat on a neighbour's doorstep to surprise them</p>	<p>WEDNESDAY 16/9</p> <p>Do a family craft project e.g. sew, knit, paint, draw, do a jigsaw</p> 	<p>THURSDAY 17/9</p> <p>Set up a family contest e.g. table tennis, skipping, crosswords, word, board or card games</p>	<p>FRIDAY 18/9</p> <p>Term 3 Ends</p> <p>Have a home disco/ dancing session to celebrate end of term</p>	<p>SATURDAY 19/9</p> <p>Set up a “family take away dinner” roster and deliver each other meals</p> 	<p>SUNDAY 20/9</p> <p>Fathers' Day Pamper Dad with love and kindness</p>

