



# CONNECTION CALENDAR



# how to use

Refresh

Experiment

Connect

Go Inside

Do Good

			DAY 1 Go for a ride 	DAY 2 Plan a post-iso get together 	DAY 3 Change yo' sheets 	DAY 4 Try a new workout! 
DAY 5 Give Gardening a go 	DAY 6 Make some thing with leftovers 	DAY 7 Touchup some old clothes 	DAY 8 Find a new Podcast 	DAY 9 Bake something new! 	DAY 10 Try sewing/emboridery 	DAY 11 Discover a new artist 
DAY 12 Write a letter 	DAY 13 Go for a walk 	DAY 14 Contact a relative 	DAY 15 Watch the sun rise 	DAY 16 Phone a friend 	DAY 17 Stretch 	DAY 18 Plan a Video Call Dinner Party 
DAY 19 List what you're grateful for 	DAY 20 Do some mindful art/colouring 	DAY 21 Clean your space 	DAY 22 Do some Yoga 	DAY 23 Read for 30 minutes 	DAY 24 Try Meditation 	DAY 25 Have a pamper day 
DAY 26 Walk and pick up rubbish 	DAY 27 Support a local business 	DAY 28 Ask if your neighbours are in need of anything 	DAY 29 Research charities you could volunteer for 	DAY 30 Start on that homework! 		

NOTES

\* brought to you by the senior school executive. \*

follow us on IG @melbgirls\_exec

- We'll be starting the Connection Calendar on May 1st and will be sharing our progress with you ❤️
- We'd love you to do the same! We want to see your drawings, plants and other updates. Send you pictures to @melbgirls\_exec instagram page to be featured!
- The theme for each week can be seen on the left hand side, ranging from connecting and experimenting to doing good in your community.

