

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**1** It's Pancake Day. Make, flip and enjoy a pancake or two

**2** Be Mindful: Go on a spring walk and focus in on what you see, hear and feel

**3** Read a new book for pleasure

**4** Create a piece of daffodil inspired art

**5** Do something that never fails to make you laugh

**6** Throughout March it's National Bed Month. Review your night time routine and enjoy a lie in, in the morning

**7** Paint a flower pot with a spring theme

**8** Splash in the puddles of spring - kick up the water and jump in and out of the puddles

**9** Be Mindful: take time to sit and listen to the birds

**10** Plant some vegetable or herb seeds

**11** Time for a spring Clean. Can you donate your unwanted items to a local charity?

**12** visit a local farm to share in the joys of the lambing season

**13** Challenge yourself to climb a hill - get outdoors, get your heart pumping and enjoy the view from the top

**14** Be Mindful: Reflect on 3 things that went well today

**15** Share kindness with someone else - how does it make you feel?

**16** Be Mindful: Reflect on a mistake you made today - what did you learn from this?

**17** Blow the seeds off a dandelion

**18** Pass on Kindness: Do something kind to help in your local community

**19** Visit a farmer's market

**20** Do some spring baking

**21** Ask somebody for help this week

**22** Focus on your growth: What have you achieved since last March?

**23** Go for a walk and take a photo of something in nature that calms you

**24** Be Mindful: breath in the fresh spring air and think of 3 things you are grateful for

**25** Today is national Wear A Hat Day. Design, make and wear the biggest and boldest spring inspired hat you can.

**26** Pack the flask and take a trip to the beach for a spring picnic. Focus in on what you see, hear and feel

**27** Show kindness and gratitude to a special woman in your life that you appreciate

**28** Feed the birds - scatter some seeds, add a bird feeder or even make your own

**29** Fly a kite

**30** Is there something you have been putting off or avoiding doing? If so, today is the day to do it. Don't let it play on your mind any longer.

**31** Movie Night

Spring Self-Care Calendar