

June 2026

Well-Being Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Create a summer bucket list with 3 things that bring you joy.	2 Spend 10 minutes outside soaking up the sunshine. 	3 Write a positive affirmation and place it where you'll see it.	4 Enjoy your favorite summer drink.	5 Start your "Joy Jar" and add your first note. 	6 Watch the sunset. No screens, just the moment.
7 Do something you've been putting off.	8 Create a "Joy Playlist". 	9 Wear your favorite color today. 	10 Step outside and enjoy fresh air during a break.	11 Write down one thing that brought you joy today.	12 Make lemonade from scratch (or squeeze a lemon into your water). 	13 Eat lunch with someone you enjoy talking to.
14 Ask yourself: "What would make today feel a little lighter?"	15 Leave A Positive Note For A Coworker Or Parent.	16 Give yourself permission to say "no".	17 Diffuse or sniff a citrus scent and take three slow breaths. 	18 Enjoy your favorite cold drink without multitasking.	19 Take 5 deep breaths before starting your day.	20 Do absolutely nothing for 20 minutes. Leave the to-do list.
21 HELLO SUMMER!	22 Make a summer treat. 	23 Let the summer breeze flow through your space today.	24 Bring a favorite summer snack and share a photo.	25 Take a few minutes to stretch outdoors and enjoy the fresh air. 	26 Bring your meal outside and enjoy a little extra summer in your day.	27 Slow down this morning. 
28 Reflect on June by highlighting 3 moments of joy.	29 Enjoy the memories collected in your Joy Jar.	30 What brought you joy this month? 				


Be Well. Care Well.


 South Carolina Program For Infant/Toddler Care