PATERSON PUBLIC SCHOOLS

Learning Today, Leading Tomorrow

November 2026

SELF-CARE CALENDAR

Small moments. Meaningful care. ♥

Take care of yourself - you matter!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Set one peaceful intention for the month.	**2** Drink plenty of water today.	**3** Take a 10-minute walk.	**4** Listen to your favorite music.	**5** Talk to someone you trust.	**6** Spend some time outside.	**7** Write down three things you're grateful for.
8 Take a short break from your phone.	**9** Do something that makes you smile.	**10** Take five slow, deep breaths.	**11** Enjoy a nourishing meal or snack.	**12** Give yourself some encouragement.	**13** Do something creative.	**14** Get some fresh air and sunshine.
15 Take time to relax and unwind.	**16** Read something you enjoy.	**17** Do something kind for someone else.	**18** Tidy one small space around you.	**19** Check in with yourself: How am I feeling?	**20** Give yourself permission to rest.	**21** Watch or share something that makes you laugh.
22 Take a break when you need one.	**23** Create a calm, relaxing space.	**24** Reach out to a friend or family member.	**25** Celebrate one thing you're proud of.	**26** Say something kind to yourself.	**27** Unplug and have a quiet evening.	**28** Write down something you're looking forward to.
29 Do something fun just for you.	**30** Reflect on what helped you feel your best this month.	**Breathe**	**Rest is productive**	**You've got this!**	**One day at a time**	**You matter**

Self-care doesn't have to be big.
Small things you do each day can make a difference.

This information is provided to you by the Department of Student Support Services, SAC and SEL Learning.