



**PEDARE**

An R-12 Anglican and  
Uniting Church School

## IDEAS TO TRY:

### Week 8

Fri 11/09 - Day 1 Choose a positive mantra and repeat it

Sat 12/09 - Day 2 Donate things you don't use

### Week 9

Sun 13/09 - Day 3 Tell someone you love them

Mon 14/09 - Day 4 Share a great memory with a friend you haven't seen this month

Tues 15/09 - Day 5 Print an inspiring quote and attach it to your bathroom mirror

Wed 16/09 - Day 6 Call someone to say thank you

Thursday 17/09 - Day 7 Give a genuine compliment to three people

Fri 18/09 - Day 8 Take a thankful pause – before each meal say grace

Sat 19/09 - Day 9 Learn something new

### Week 10

Sun 20/09 - Day 10 Take some time outdoors

Mon 21/09 - Day 11 Meditate for 5 minutes

Tues 22/09 - Day 12 Look for the good in every person you see

Wed 23/09 - Day 13 Take the time to compliment someone you really admire

Thurs 24/09 - Day 14 Make contact with a teacher from the past who has inspired you

Fri 25/09 - Day 15 Fill your social media with positivity – follow someone who inspires you

Sat 26/09 - Day 16 Hold the door for a stranger

### Week 1 Holidays

Sun 27/09 - Day 17 Create a positivity playlist with upbeat music that inspires you

Mon 28/09 - Day 18 Put a written note in a loved one's lunch box

Tues 29/09 - Day 19 Go for a walk and admire what's around you

Wed 30/09 - Day 20 Make eye contact and smile at everyone you pass today

Thurs 01/10 - Day 21 Make a list of all the good qualities you have

Fri 02/10 - Day 22 Take a minute to close your eyes and take 3 deep, slow breaths

Sat 03/10 - Day 22 Write down your values – What is most important in your life?

### Week 2 Holidays

Sun 04/10 - Day 24 Focus on your posture – head high, chin tucked, shoulders back

Mon 05/10 - Day 25 Recall and share a funny story with a colleague / friend – *“Remember the time...”*

Tues 06/10 Day 26 Plan your next holiday

Wed 07/10 - Day 27 Volunteer at home or in the community

Thurs 08/10 Day 28 Start a daily gratitude practice – each night identify 3 things

Fri 09/10 - Day 29 Give back to others – do something for someone less fortunate

Sat 10/10 Day 30 Walk along a beach / mountain trail or neighbourhood

### Week 1 Term 4

Sun 11/10 – Day 31 Get ready for school and term 4, making it the best term of the year.