

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Coping Calendar-April 2020



Use your coping calendar to help you to plan some daily activities that contribute positively to your routine during social distancing and isolation. Be creative with your ideas and your activities, you can choose whatever you wish and could even choose multiple activities to do over the course of 1 day. The calendar is designed to help you plan and stay focussed on at least one thing during the day!

Some examples of activities include:

- Listen to your favourite song-LOUD!
- Help with 1 job around the house
- Help with the cooking
- Do some yoga
- Draw a picture
- Research something that interests you
- Learn a new dance
- Read a book
- Offer to help a friend/neighbour
- Call a friend
- Write down 5 things you are grateful for
- Discover some new music
- Watch your favourite film
- Discover a new tv show
- Do some baking
- Take some pictures of nature
- Listen to a podcast
- Tell a joke

How many of your own can you think of?