

JANUARY 2021

Let this calendar inspire you to start Choosing Love every day. There are little things you can do each day to show Courage, Gratitude, Forgiveness, and Compassion. This is how you Choose Love and these acts benefit you and so many others. Let's create a Choose Love ripple effect that reaches far and wide this month and through the year!

SUN	MON	TUE	WED	THU	FRI	SAT
					1 HAPPY NEW YEAR!	2 MAKE A LIST OF SOMETHING NEW YOU WANT TO DO THIS YEAR.
3 *JOKE TIME: WHAT'S SMARTER THAN A BIRD?	4 HAVE A LOT OF FUN IN 2021!	5 MAKE A JOKE JAR. EVERYONE WRITE A FUNNY JOKE ON A SLIP OF PAPER. EACH DAY PULL ONE OUT AND READ IT TO THE CLASS.	6 PASS A BALL OR BOUNCE A BALL AS MANY TIMES AS YOU CAN IN 1 MINUTE	7 CLOSE YOUR EYES AND TAKE A DEEP BREATH.	8 WHAT ARE 3 THINGS YOU HAVE FUN DOING?	9 SING A SILLY SONG AND DO A SILLY DANCE.
10 TAKE A WALK OUTSIDE AND LISTEN TO THE SOUNDS.	11 ASK SOMEONE TO PLAY A GAME WITH YOU.	12 PLAY 2 SQUARE, 4 SQUARE OR WALL BALL.	13 IT'S RUBBER DUCK DAY!	14 MAKE SOMEONE LAUGH BY DOING A "TRY NOT TO LAUGH" CHALLENGE	15 BE A GOOD SPORT, WIN OR LOSE.	16 ** JOKE TIME: WHY DID THE MUSIC TEACHER GET A LADDER?
17 TAKE A 30 SECOND FEEL GOOD MEDITATION BREAK.	18 PLAN A FUN SURPRISE FOR SOMEONE SPECIAL.	19 TRY TO JUGGLE A BALL.	20 CREATE AN END OF CLASS ROUTINE. THINK SECRET HANDSHAKE.	21 DRAW A PICTURE OF SOMETHING YOU HAVE FUN DOING.	22 MAKE SHADOW PUPPETS.	23 WRITE KIND MESSAGES ON POST-IT NOTES AND LEAVE THEM ALL OVER FOR OTHERS TO FIND!
24 LAUGH OUT LOUD!	25 MAKE A CLASS JOKE BOOK USING THE JOKES FROM THE JOKE JAR TO READ FROM ALL YEAR.	26 CREATE A COMPASSION JAR AND DROP A TOKEN OR MARBLE OR LEGO FOR EVERY KIND ACT.	27 PASS A BALL TO EACH OTHER AND PLAY A WORD GAME.	28 WRITE A "HOW TO BE FUNNY" RECIPE OR POEM.	29 TAKE A 30 SECOND MEDITATION BREAK.	30 PLAY AN OLD FASHION BOARD GAME.

31 CREATE A "ME" SPACE THAT MAKES YOU FEEL GOOD.

* A SPELLING BEE
** TO REACH THE HIGH NOTES