

Year-Long Calendar

Each quarter pick 3 to 5 activities to complete throughout that quarter.

This calendar is just an example of what your year could look like. Feel free to create a calendar that works best for you and your employees.

January - March

Take It Outside | Random Acts of Kindness | Social Connectedness | Sleep | Laughter

- **Take it Outside:** Winter activities for families. Move beyond the gym and use nature. What does insurance offer?
- **Random Acts of Kindness:** Let someone go ahead of you in line. Pick up litter. Leave the closer parking spot for someone else. Encourage somebody you see working really hard at the gym or being active in daily living. Leave a diaper and wipes on a changing table.

April - June

Positivity | Gratitude | Sleep | Social Connectedness

- **Positivity and Gratitude:** 3 Good Things. Positive role model (hold open doors, smile, use manners, etc). Teach gratitude and how far a "thank you" can go.



October - December

Positivity | Gratitude | Random Acts of Kindness | Take It Outside

- **Positivity and Gratitude:** Celebrate the small wins. Positivity cards/quotes. Tools (portable gratitude tree, thank you cards, etc.).
- **Random Acts of Kindness:** Become a donor. Write a handwritten note to somebody. Help someone with yard work. Collect canned food for a food shelf.
- **Take it Outside:** Fresh air = happy people. Exploration activities for kids.

July - September

Worksite Wellness | Social Connectedness | Take It Outside | Positivity | Gratitude

- **Worksite Wellness:** Worksite wellness policy. Laughter yoga. Lactation support. Coffee breaks / lunches with co-workers.
- **Take it Outside:** Outdoor classroom and walking meetings. Trails / trail maps. Make a list or get familiar with what your county has to offer.
- **Positivity and Gratitude:** Notes of Gratitude - big or small - and how these can make people work harder or feel appreciated.



What other ideas might your organization have to create a fun and engaging way to connect with others?

TOGETHER WE CAN *build a better future!*