



APRIL 2025

SELF-CARE CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Set new goals	2  Decorate for Spring	3 Take a walk 	4 Put together spring outfits	5  Garden outside
6  Clean out your closet	7 Make a spring playlist	8  Buy yourself flowers	9 Get ice cream or froyo	10 Spend an afternoon in nature	11 Social media free day	12 Shop local 
13 Take a day trip	14 Get a plant for your room	15 Call someone you've been meaning to call	16  Enjoy a smoothie	17 Meet up with a friend 	18 Make a vision board	19 Tidy your space
20 Buy fresh food from a market	21  Try some Spring recipes	22 Cross off a to-do list item	23 Buy a crystal 	24 Do a skincare routine	25 Start a new book 	26 Binge watch a TV show
27 Rearrange your room	28 Exercise outdoors 	29 Drink more water than usual	30 Write a self thank-you letter			

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PATERSON PUBLIC SCHOOLS



Department of Student Support Services
SAC and Social Emotional Learning
90 Delaware Avenue, Paterson NJ 07503
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ABRIL 2025

CALENDARIO DE CUIDADOS PERSONALES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Establece nuevas metas	2 Decorar para la Primavera 	3 Toma un paseo 	4 Junta ropa de primavera	5 Jardín afuera 
6 Limpia tu clóset 	7 Haz una lista de música de primavera	8 Cómprate flores 	9 Obtenga Helado o froyo	10 Pasar una tarde en la naturaleza	11 Día libre de redes sociales	12 Compra local 
13 Haz una día de viajar	14 Consigue una planta para tu cuarto	15 Llama a alguien que has querido llamar	16 Disfruta de un batido 	17 Reúnete con un amista 	18 Hacer un tablero de visión	19 Pon en ordena tu lugar
20 Compre alimentos frescos en un mercado	21  Pruebe recetas de primavera	22 Tachar de la lista de tareas pendientes	23 Comprate una biblia 	24 Haz una rutina de cuidado de la piel	25 Empezar un nuevo libro 	26 Ver un programa de televisión
27 Organizar tu habitación	28 Hacer ejercicio afuera 	29 Bebe más agua de lo acostumbrado	30 Escribete a ti mismo una carta de agradecimiento			

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