



ceda

FEEL FAB FEB

2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|---|---|--|--|
| | | | International Read Aloud Day  | Time to talk day Talk your way to good mental health! 2 | Golden Retriever Day  |  Get DANCING 4 |
| World Nutella Day  5 | Read a good book  6 | Safer Internet Day Keep safe online  7 | Spread Happiness Pay people around you a compliment 8 | Make one change to improve the quality of your sleep  9 | Squat for Health  10 | TV Guide watch a new TV show you have never seen before  11 |
| Pamper yourself! Paint your nails Slap on a face pack have a bubble bath. Treat yourself! 12 | World Radio Day Listen to something new  13 | Valentine's day!  14 | Get in touch with a long lost friend  15 | Keep Hydrated  16 | Random Act of KINDNESS Day  17 | Shake up your diet try going meat free for the day  18 |
| Digital Detox  Limit your device use today 19 | Go walking 7,000 steps today  20 | Pancake Day  21 | Single Task Day  22 | Make an effort to say Thank you... more often  23 | Eat the recommended 5 fruit and veg today  24 | Try your hand at growing something  25 |
| Spend time outside  26 | Listen to Music Turn everything off and put your headphones on.  27 | Doodle and Draw Day! Draw what makes you happy  28 | Don't stop feeling FAB just because its March 1 | | | |

All month challenge yourself each day to feel healthier and happier by trying some new fun things.

Here are some suggestions, or come up with your own ideas!

Share what you are doing for Feel Fab Feb online using the hashtag #CEDAFeeIFab