



# FebY♥Uary



Mon

Tue

Wed

Thu

Fri

Sat

Sun

01

Today marks the first day of **LGBT+ (Lesbian, Gay, Bisexual, Transgender) History Month**, learn why this is an important month for many people

02

Go for a walk without your phone



03

It's **Time to Talk Day**, have a conversation over a cuppa (virtual or face-to-face) about mental health



<https://timetotalkday.co.uk/>

04

Don't save things for 'best', wear them – enjoy them

05

Learn the names of **five dinosaurs** and try not to include Tyrannosaurus rex (T. Rex)

06

Stack your **clothes** vertically to see them all



07

Look after yourself by thinking about your **posture** when you sit: try not to slouch or cross your legs

08

See what **household funds** you can access this winter



Bradford District  
[www.bradford.gov.uk/benefits/applying-for-benefits/household-costs-through-winter](http://www.bradford.gov.uk/benefits/applying-for-benefits/household-costs-through-winter)

Craven District  
[www.cravenc.gov.uk/benefits-and-advice/household-support-fund/](http://www.cravenc.gov.uk/benefits-and-advice/household-support-fund/)

09

Write down **three things that make you smile**

10

Try something new like **yoga or pilates**, find a class near you

11

**Making pancakes** can be messy – why not clean out an old ketchup bottle and use it to store and pour pancake mix

12

Listen to the **albums you loved as a teenager** and dance along to the songs

13

**Call a friend** who you've not spoken to and have been meaning to talk to

14

**Happy Valentine's Day!** Single or in a relationship? It doesn't matter, give yourself a hug

15

Make a snack you loved as a kid



16

**Stretch** in the morning and in the evening

17

'**Random Act of Kindness Day**' – do something nice for someone even if it is just a thank you

18

Eat **chocolate** (in moderation of course) as chocolate can make us feel happy

19

Visit some **green spaces** including parks and woodland areas

Bradford District  
<https://bradforddistrictparks.org/parks/>

Craven District  
<https://www.cravenc.gov.uk/craven-leisure/outdoor-activities/>



20

**Movie day!** Snuggle up and watch your favourite movies

21

Reuse all plastic bags (including bread bags). For example, using them to organise your freezer food for easy access

22

Cook something you've never attempted before



23

**Wellbeing tip:** did you know sleep helps to regulate the chemicals in our brain that transmit information? These chemicals are important in managing our moods and emotions.

24

Running the sticky part of a post-it note along your keyboard will help remove bits of food and dust

25

Order your favourite take-out, you've earned it!

26

Use **mindfulness** at home or at work

<https://vimeo.com/530734772/dc9ad8ae40>



27

Use nail varnish to identify different keys



28

Thought of **volunteering**? See what opportunities there are across the district



<https://volunteeringbradford.org/>

