

Fun for one, fun for all!

# Now November



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



1 Follow a YouTube video of your choice

2 Go outside for 5 minutes at lunch time

3 Balance on one leg while the kettle boils

4 Raise your legs every time you turn your reading page

5 Go outside and watch the fireworks

6 Do 10 star jumps whenever you feel tired

7 Touch your toes before sitting down

8 Take a phone call standing up

9 Go up and down the stairs twice

10 Wash and dry the dishes by hand

11 Park in a car park further away than usual

12 Clean any room in the house

13 Do a creative activity

14 Count the number of birds you see all day

15 Reenact a movement you saw on TV

16 Dance to a song on the radio

17 Stretch at the start of every hour

18 Find an easy craft/DIY and give it a go

19 Cook a meal you've never tried before

20 Make circular movements with your arms for 1 minute

21 Use our activity finder

22 Lift your pillow over your head 20 times before bed

23 Take 10 different photos of your favourite object

24 Twist left and right at your waistline once every hour

25 Go for a walk

26 Do something you love

27 Play a game standing up

28 Shake your whole body to start your day

29 Squat for 2 minutes while scrolling through your phone

30 Pick anything from this calendar and do it again today



Feel free to adapt or replace activities so your Now November best suits you!