



May 2025 PWS Awareness Month: PWS Everyday Challenge #pwseveryday

LEGEND:  
 ORANGE = PWS Awareness Activity  
 GREEN = Physical Activity  
 BLUE = Puzzle Challenge  
 PURPLE = Self Care and Appreciation

| SUNDAY  | MONDAY   | TUESDAY                                     | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|---|--|---|---|--|---|--|
|   |  |   |   | 1<br><br>POST A MESSAGE ABOUT PWS AWARENESS MONTH                        | 2<br><br>STRETCH FOR 15 MINUTES   | 3<br><br>GO FOR A 2 KM WALK, JOG, OR RUN   |
| 4<br><br>PUZZLE CHALLENGE                               | 5<br><br>DO 30 JUMPING JACKS                           | 6<br><br>READ A BOOK OR MAGAZINE            | 7<br><br>TAKE A FREE ONLINE DANCE CLASS                               | 8<br><br>MAKE A MOTHER'S DAY CARD FOR YOUR MOM OR SOMEONE YOU CARE ABOUT | 9<br><br>DO SOMETHING THAT HELPS YOU UNWIND                               | 10<br><br>GO FOR A 2 KM WALK, JOG, OR RUN  |
| 11<br><br>DO SOMETHING NICE FOR YOUR MOM OR A LOVED ONE | 12<br><br>PUZZLE CHALLENGE                             | 13<br><br>PRACTICE ACTIVE LISTENING         | 14<br><br>TAKE A FREE ONLINE WORKOUT CLASS                            | 15<br><br>DRAW, COLOUR, OR PAINT A PICTURE                               | 16<br><br>SHOW AND TELL! SHARE SOMETHING THAT MAKES YOU HAPPY             | 17<br><br>GO FOR A 2 KM WALK, JOG, OR RUN  |
| 18<br><br>PUZZLE CHALLENGE                              | 19<br><br>TAKE A FREE ONLINE YOGA CLASS                | 20<br><br>MEDITATE OR ENJOY SOME QUIET TIME | 21<br><br>DO A PHYSICAL ACTIVITY THAT YOU LOVE                        | 22<br><br>COMPLETE A WORD SEARCH OR CROSSWORD                            | 23<br><br>DRESS UP IN A FUN OUTFIT, HAT OR MASK                           | 24<br><br>GO FOR A 2 KM WALK, JOG, OR RUN  |
| 25<br><br>PUZZLE CHALLENGE                              | 26<br><br>TRY BOX BREATHING AS A FORM OF STRESS RELIEF | 27<br><br>WALK OUTSIDE FOR 30 MINUTES       | 28<br><br>SPEND TIME WITH A FRIEND (EITHER ON THE PHONE OR IN PERSON) | 29<br><br>DANCE TO YOUR FAVOURITE SONG                                   | 30<br><br>WEAR ORANGE TO CELEBRATE PWS AWARENESS DAY AND SPREAD AWARENESS | 31<br><br>THANK SOMEONE IN YOUR COMMUNITY FOR SUPPORTING YOU IN YOUR PWS JOURNEY |