



May 2023 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 POST A MESSAGE ABOUT PWS AWARENESS MONTH	2 DO SOMETHING THAT HELPS YOU UNWIND	3 TAKE A FREE ONLINE YOGA CLASS	4 READ A BOOK OR MAGAZINE	5 SPEND TIME WITH A FRIEND (EITHER ON THE PHONE OR IN PERSON)	6 GO FOR A 2 KM WALK, JOG, OR RUN
7 PUZZLE CHALLENGE	8 DANCE TO YOUR FAVOURITE SONG	9 TRY BOX BREATHING AS A FORM OF STRESS RELIEF	10 TAKE A FREE ONLINE DANCE CLASS	11 MAKE A MOTHER'S DAY CARD FOR YOUR MOM OR SOMEONE YOU CARE ABOUT	12 DRESS UP IN A FUN OUTFIT, HAT OR MASK	13 GO FOR A 2 KM WALK, JOG, OR RUN
14 DO SOMETHING NICE FOR YOUR MOM OR A LOVED ONE	15 PUZZLE CHALLENGE	16 PRACTICE ACTIVE LISTENING	17 TAKE A FREE ONLINE WORKOUT CLASS	18 DRAW, COLOUR, OR PAINT A PICTURE	19 DO 30 JUMPING JACKS	20 GO FOR A 2 KM WALK, JOG, OR RUN
21 PUZZLE CHALLENGE	22 DO A PHYSICAL ACTIVITY THAT YOU LOVE	23 MEDITATE OR ENJOY SOME QUIET TIME	24 WALK OUTSIDE FOR 30 MINUTES	25 COMPLETE A WORD SEARCH OR CROSSWORD	26 JOIN OUR DANCE PARTY & WEAR ORANGE TO CELEBRATE PWS AWARENESS DAY AND SPREAD AWARENESS	27 GO FOR A 2 KM WALK, JOG, OR RUN
28 PUZZLE CHALLENGE	29 STRETCH FOR 15 MINUTES	30 SHOW AND TELL! SHARE SOMETHING THAT MAKES YOU HAPPY	31 THANK SOMEONE IN YOUR COMMUNITY FOR SUPPORTING YOU IN YOUR PWS JOURNEY	<p>THANK YOU FOR TAKING PART IN THE OPWSA PWS EVERYDAY CHALLENGE!</p> <p>#pwseveryday</p>		