



May 2024 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 STRETCH FOR 15 MINUTES	4 GO FOR A 2 KM WALK, JOG, OR RUN
5 PUZZLE CHALLENGE	6 DANCE TO YOUR FAVOURITE SONG	7 READ A BOOK OR MAGAZINE	8 TAKE A FREE ONLINE DANCE CLASS	9 MAKE A MOTHER'S DAY CARD FOR YOUR MOM OR SOMEONE YOU CARE ABOUT	10 TRY BOX BREATHING AS A FORM OF STRESS RELIEF	11 GO FOR A 2 KM WALK, JOG, OR RUN
12 DO SOMETHING NICE FOR YOUR MOM OR A LOVED ONE	13 PUZZLE CHALLENGE	14 PRACTICE ACTIVE LISTENING	15 TAKE A FREE ONLINE WORKOUT CLASS	16 DRAW, COLOUR, OR PAINT A PICTURE	17 DO 30 JUMPING JACKS	18 GO FOR A 2 KM WALK, JOG, OR RUN
19 PUZZLE CHALLENGE	20 TAKE A FREE ONLINE YOGA CLASS	21 MEDITATE OR ENJOY SOME QUIET TIME	22 DO A PHYSICAL ACTIVITY THAT YOU LOVE	23 COMPLETE A WORD SEARCH OR CROSSWORD	24 DRESS UP IN A FUN OUTFIT, HAT OR MASK	25 GO FOR A 2 KM WALK, JOG, OR RUN
26 PUZZLE CHALLENGE	27 WEAR ORANGE TO CELEBRATE PWS AWARENESS DAY AND SPREAD AWARENESS	28 SPEND TIME WITH A FRIEND (EITHER ON THE PHONE OR IN PERSON)	29 WALK OUTSIDE FOR 30 MINUTES	30 SHOW AND TELL! SHARE SOMETHING THAT MAKES YOU HAPPY	31 THANK SOMEONE IN YOUR COMMUNITY FOR SUPPORTING YOU IN YOUR PWS JOURNEY	THANK YOU FOR TAKING PART IN OPWSA'S PWS EVERYDAY CHALLENGE!  #pwseveryday