



May 2022 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 & PUZZLE CHALLENGE	2 STRETCH FOR 15 MINUTES	3 DO SOMETHING THAT HELPS YOU UNWIND	4 TAKE A FREE ONLINE DANCE CLASS	5 MAKE A MOTHER'S DAY CARD FOR YOUR MOM OR SOMEONE YOU CARE ABOUT	6 DANCE TO YOUR FAVOURITE SONG	7 GO FOR A 2 KM WALK, JOG, OR RUN
8 DO SOMETHING NICE FOR YOUR MOM OR A LOVED ONE	9 PUZZLE CHALLENGE	10 DRESS UP IN A FUN OUTFIT, HAT OR MASK	11 TAKE A FREE ONLINE YOGA CLASS	12 TRY BOX BREATHING AS A FORM OF STRESS RELIEF	13 READ A BOOK OR MAGAZINE	14 GO FOR A 2 KM WALK, JOG, OR RUN
15 PUZZLE CHALLENGE	16 DO 30 JUMPING JACKS	17 PRACTICE ACTIVE LISTENING	18 TAKE A FREE ONLINE WORKOUT CLASS	19 DRAW, COLOUR, OR PAINT A PICTURE	20 SHOW AND TELL! SHARE SOMETHING THAT MAKES YOU HAPPY	21 GO FOR A 2 KM WALK, JOG, OR RUN
22 PUZZLE CHALLENGE	23 DO A PHYSICAL ACTIVITY THAT YOU LOVE	24 MEDITATE OR ENJOY SOME QUIET TIME	25 WALK OUTSIDE FOR 30 MINUTES	26 COMPLETE A WORD SEARCH OR CROSSWORD	27 JOIN OUR DANCE PARTY & WEAR ORANGE TO CELEBRATE PWS AWARENESS DAY AND SPREAD AWARENESS	28 GO FOR A 2 KM WALK, JOG, OR RUN
29 PUZZLE CHALLENGE	30 STRETCH FOR 15 MINUTES	31 THANK SOMEONE IN YOUR COMMUNITY FOR SUPPORTING YOU IN YOUR PWS JOURNEY	<p><b>THANK YOU FOR TAKING PART IN THE OPWSA PWS EVERYDAY CHALLENGE!</b></p> <p>#pwseveryday</p>			