



May 2026 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 GO FOR A 2 KM WALK, JOG, OR RUN
3 PUZZLE CHALLENGE	4 DO 30 JUMPING JACKS	5 READ A BOOK OR MAGAZINE	6 TAKE A FREE ONLINE DANCE CLASS	7 MAKE A MOTHER'S DAY CARD FOR YOUR MOM OR SOMEONE YOU CARE ABOUT	8 DO SOMETHING THAT HELPS YOU UNWIND	9 GO FOR A 2 KM WALK, JOG, OR RUN
10 DO SOMETHING NICE FOR YOUR MOM OR A LOVED ONE	11 PUZZLE CHALLENGE	12 PRACTICE ACTIVE LISTENING	13 TAKE A FREE ONLINE WORKOUT CLASS	14 DRAW, COLOUR, OR PAINT A PICTURE	15 DRESS UP IN A FUN OUTFIT, HAT OR MASK	16 GO FOR A 2 KM WALK, JOG, OR RUN
17 PUZZLE CHALLENGE	18 TAKE A FREE ONLINE YOGA CLASS	19 MEDITATE OR ENJOY SOME QUIET TIME	20 DO A PHYSICAL ACTIVITY THAT YOU LOVE	21 COMPLETE A WORD SEARCH OR CROSSWORD	22 SHOW AND TELL! SHARE SOMETHING THAT MAKES YOU HAPPY	23 GO FOR A 2 KM WALK, JOG, OR RUN
24 PUZZLE CHALLENGE	25 DANCE TO YOUR FAVOURITE SONG	26 TRY BOX BREATHING AS A FORM OF STRESS RELIEF	27 STRETCH FOR 15 MINUTES	28 SPEND TIME WITH A FRIEND (EITHER ON THE PHONE OR IN PERSON)	29 WEAR ORANGE TO CELEBRATE PWS AWARENESS DAY AND SPREAD AWARENESS	30 GO FOR A 2 KM WALK, JOG, OR RUN
31 PUZZLE CHALLENGE	<p>THANK YOU FOR TAKING PART IN THE OPWSA PWS EVERYDAY CHALLENGE!</p> <p>#PWSEveryday</p>					