

Staff Well-being, Education and Connection

August Culture in Action Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Give someone a high five or fist bump. (Appreciation)
2 Call a loved one just to say hello. (Connection)	3 Share a favorite tip, shortcut, or resource. (Support)	4 Take a stretch break, sit break, or short walk. (Care)	5 Tell someone "Nice job!" (Appreciation)	6 Ask someone about their weekend plans. (Connection)	7 Offer to lend a hand. (Support)	8 Enjoy your favorite snack mindfully. (Care)
9 Celebrate a small win. (Appreciation)	10 Learn someone's favorite snack, food, or hobby. (Connection)	11 Cheer someone on. (Support)	12 Take three slow, deep breaths. (Care)	13 Send a quick thank-you note or message. (Appreciation)	14 Share a laugh with someone. (Connection)	15 Pass along something useful you've learned. (Support)
16 Spend a few minutes outside if possible. (Care)	17 Give credit to someone who helped. (Appreciation)	18 Introduce yourself to someone new. (Connection)	19 Ask, "How can I help?" (Support)	20 Take a few minutes away from your screen or workspace. (Care)	21 Compliment someone's effort. (Appreciation)	22 Reconnect with someone you haven't talked to in a while. (Connection)
23 Encourage someone who's working on a challenge. (Support)	24 Do one thing that makes your day easier. (Care)	25 Think about someone who makes your work better and tell them. (Appreciation)	26 Invite someone to chat during a break. (Connection)	27 Share a positive idea. (Support)	28 Pause and notice one thing you're grateful for today. (Care)	29 Thank someone whose work often goes unnoticed. (Appreciation)
30 Help someone feel included. (Connection)	31 Choose one action from this month to keep doing. (Support)					

