

Explore



June

Connecting with nature

2026 daily self-care calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Go outside first thing this morning and take a few deep breaths.	2 Take your lunch break outside.	3 Schedule time to visit a regional, state, or national park this month.	4 Thrive Thursday! Do some yoga or stretching in a green space.	5 Go outside at night and look at the stars.	6 Explore a local attraction you have never been to before.
7 Journal prompt: Make a list of places you would like to explore in your lifetime.	8 Watch a nature show or documentary.	9 Step outside for 5 minutes, close your eyes, and feel the sun on your skin.	10 Look out a window and pick one natural thing to observe for 60 seconds.	11 Thrive Thursday! Go for a mindful walk and observe the world around you.	12 Buy some flowers or a plant to brighten up your home or workspace.	13 Try a new hiking/biking trail or walking path.
14 Journal prompt: Write about your favorite spot in nature. What do you love about it?	15 Draw or paint something from the natural world, such as flowers, shells, or leaves.	16 Listen to a nature soundscape on the Calm app. kp.org/selfcareapps .	17 Walk or bike to work if possible, or park farther away to get more outside time.	18 Thrive Thursday! Explore new streets or a different neighborhood.	19 Plan a mini adventure for the weekend, even if it's just to a new sidewalk cafe.	20 Have a picnic or eat outside this weekend.
21 Journal prompt: Sit outside and describe what you hear, smell, and see.	22 Take your coffee break outdoors – even on the steps or a balcony.	23 Look up at the sky before bed – moon, stars, clouds. Just observe.	24 Take a short evening walk with family or friends after dinner.	25 Thrive Thursday! Take a few deep breaths in a quiet outdoor spot.	26 Watch the sunset this evening.	27 Explore a new park, beach, or other outdoor adventure this weekend.
28 Journal prompt: What has nature taught you this month?	29 Watch water – the ocean, a fountain, or a stream. Let it calm your mind.	30 Share a highlight from this month! Scan the QR code to share.	<p>Scan the QR code at the end of the month to share a highlight!</p> 			