



# Daily Calm Routine Planner

Create a peaceful rhythm for your day

🎯 In this activity, you will **design and implement** a personal daily calm routine using planning tools, and **monitor your wellbeing** by reflecting on strategies for maintaining calm.



## Welcome to Calm

Mental health is a key part of your overall well-being. Taking time each day to focus on your mental state can help you manage **stress**, improve your **mood**, and increase your **focus**. This worksheet will guide you in creating a daily routine that promotes calm and mindfulness.

<p><b>What is Mindfulness?</b></p>	<p><b>Mindfulness</b> is paying attention to the present moment without judgment. It involves focusing on your thoughts, feelings, and sensations in a non-reactive way. For example, noticing your breath or the feeling of your feet on the ground.</p>
<p><b>What is a Routine?</b></p>	<p>A <b>routine</b> is a set of actions you perform regularly. Having a routine can provide structure and predictability, which can reduce stress and improve overall well-being. For example, a morning routine might include waking up, stretching, and eating breakfast.</p>
<p><b>What is Gratitude?</b></p>	<p><b>Gratitude</b> is the feeling of being thankful. Practicing gratitude can improve your mood and increase your overall sense of happiness. For example, writing down things you are grateful for each day.</p>



## Plan Your Calm Day

Read the prompts carefully to prepare for designing your calm day. As you plan, think about your personal preferences and how the activities help you to feel calm.

### Daily Intention

How do I want to feel today?

- I set my intention

### Morning Calm Routine ☀️

- Wake up gently \_\_\_\_\_
- Deep breathing / mindfulness \_\_\_\_\_
- Stretch or light movement \_\_\_\_\_
- Drink water \_\_\_\_\_
- Positive affirmation \_\_\_\_\_
- Other: \_\_\_\_\_

### Midday Reset 🌿

How will I pause and reset during the day?

- Take a short break
- Go outside / fresh air
- Hydrate
- Check in with emotions
- Move my body
  
- I took a mindful pause

### Evening Wind-Down 🌙

- Limit screen time
- Reflect on the day
- Gentle stretching or relaxation
- Gratitude practice
- Prepare for tomorrow

Notes:

### Self-Care Tracker

Water | Movement | Mindfulness | Rest

- |                          |                          |                          |                          |
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## Mood Tracker

How did I feel throughout the day?



## Stress Check

What caused stress today?

How did I respond?

## Gratitude & Wins

3 things I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

1 small win today:

\_\_\_\_\_

## Tomorrow's Calm Plan

One thing I'll do for my wellbeing tomorrow:

I will commit to this

Affirmation:

Small calm moments create a balanced life.

I showed up for myself today



## Building Connections

Connect ideas from what you have planned and what you have learned to fully understand how to apply them to your daily life. Complete the table below.

Key Concept	Your Understanding	Why is this important?
<i>Example: Mindfulness</i>	<i>Example: Focusing on the present moment.</i>	<i>Example: Helps reduce stress and improve focus.</i>
Daily Intention		
Morning Calm Routine		
Midday Reset		
Evening Wind-Down		
Bedtime Routine		



## Try It Out

Use what you learned to solve the problems below.

<b>Scenario: You feel overwhelmed with homework and upcoming tests. How would you use your Daily Calm Routine to manage your stress?</b>	
<b>Scenario: You have trouble falling asleep at night. What changes could you make to your Evening Wind-Down routine to improve your sleep?</b>	
<b>Scenario: You are feeling anxious about presenting in front of the class. How could you use mindfulness or deep breathing to calm your nerves?</b>	



## Reflect On Your Day

Now, reflect on the work you have completed and the understanding, analysis, and application you have done so far.

How can you use your Daily Calm Routine to improve your mental health and well-being?

What challenges did you face while creating your Daily Calm Routine, and how did you overcome them?

How has this activity changed your perspective on the importance of mental health?