

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	
	Start your day with a mantra "This is going to be a wonderful year!"	Spend 15 minutes in a quiet place to reflect on your day	Plan your weekend	Watch this TED-ed about music instruments link	Meet an old friend	Do something you really enjoy
7	8	9	10	11	12	13
Spend 10 minutes in the mornig to listen to your favourite music	Give 3 compliments	Cook a tasty treat and share with your colleagues	Watch the webinar Practical Ideas for Lesson Planning	Join our Teachers' Questions Live event link	Family time. Spend it actively	Have a 2 hour walk in a beautiful park
14	15	16	17	18	19	20
Read an article about teaching grammar link	Visit our FB page and find some ideas for home reading tasks link	Cook your favourite meal	Watch the webinar Bringing Grammar to Life - Teaching grammar effectively link	Time to play. Visit our FB page and download a new board game link	Find a book to read. (NOT about teaching)	Watch a new movie
21	22	23	24	25	26	27
Discuss with your students an interesting project	Spend an evening enjoying your favourite book	Try a new game with your class today	Take a walk after work	Make a list of 5 things to do in October	Cook a new dish for lunch	Visit a place you haven't visited before
28	29	30				
Start a new morning tradition with your class	Use a NG photo of the day in your class link	Spend this evening relaxing				