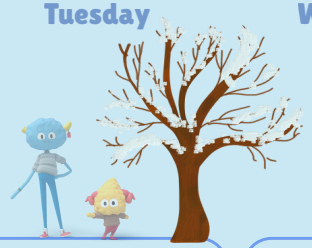
ACTIVE JANUARY 2026

Act **Belong** **Commit**

Children

Be active in many different ways this January - it is good for your mental health. Be active by moving your body, challenging your mind, doing something with others, and by finding peace and breathing deeply into your belly. Do different things that you enjoy and that give meaning to you.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



ABC FYRI SÁLARLIGA HEILSU

Ver virkin Ver saman Ver hugbundin

Heilsustýrið

Fill in the calendar with 31 suggestions for how you want to be active in different ways, do something together with others, and engage in activities that give meaning to you.