

October 2024



NATIONAL LEARNING & DEVELOPMENT MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Read something outside 	2 Read Mission Matters	3 Watch a TED Talk 	4 Read about an influential person	5 Cook a new dish
6 Learn a basic phrase in a new language	7 Watch a documentary 	8 Find a quote that pertains to your life 	9 Listen to a different genre of music 	10 Read 20 pages of a book	11 LEARN A NEW JOKE 	12 Teach yourself a new skill
13 Learn something about Nebraska	14 Read something about hydration	15 Draw something	16 Listen to a podcast 	17 Learn a new word	18 Write a thank you to someone	19 Read a news article
20 Learn something about NDCS's history 	21 Try a new food	22 Complete a new form of exercise	23 Read for 30 minutes	24 Watch a movie based on a true story 	25 FINISH AN ADULTS COLORING PAGE	26 Read something on the NDCS Website
27 Try journaling 	28 Learn about basic financial literacy 	29 TRY a NEW FALL ACTIVITY	30 Complete a LinkedIn Learning 	31 START A NEW HALLOWEEN TRADITION		

FOR MORE INFORMATION

Contact your Wellness Coordinator
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