

Feel Good Fridays @ JCU – Staff Activity Calendar, SP2 2020

Date	Activity	Details
24/7	Thank a colleague	Send a thank you card, email, call or write a letter to a colleague to express your appreciation of their efforts at work.
31/7	Donate to the Student Food Pantry	Coordinate a pick up collection of food from co-workers or make a personal donation (food or \$) to the Student Food Pantry.
7/8	Try your hand at nature photography	Grab your phone, head outside and take a shot of yourself and/or colleagues enjoying their surrounds.
14/8	Take time out – Meditation	Participate in a lunchtime meditation session, hosted by WHS.
21/8	Participate in Keep Australia Beautiful Week (more details to come)	Go for walk / jog during lunch break, or anytime during the day, and collect rubbish along the way.
28/8	Nominate a colleague of the month	Nominate a colleague and they'll receive a TropEco certificate of appreciation.
4/9	Get creative for National Biodiversity Month	Draw, photograph, paint or write a poem about your favourite native animal or plant.
11/9	Take time out – Stretch	Participate in a WHS stretching and educational session.
18/9	Participate in your Campus Clean-up – Townsville and Cairns	Details tbc – a TropEco organised clean up activity for Townsville and Cairns campuses.
25/9	Take time out – Lunch outdoors	Grab your lunch, find somewhere quiet outside and enjoy your tropical surrounds. Why not visit the community garden on campus.
2/10	Make someone smile on World Smile Day	World Smile Day is a day devoted to spreading joy. Bring a smile to someone's day through a simple act of kindness.
9/10	Volunteer for a Day	Request volunteer leave to volunteer for a not-for-profit community organisation.
16/10	Commend a colleague	Contact someone's manager to express your appreciation for an individual staff member.
23/10	Take part in the annual Aussie Backyard Bird count	Spend 20 minutes of your day documenting what birds you can see in your backyard, at your workplace or another local area. Data collected assists birdlife Australia in understanding more about the birds that live where people live.
30/10	Feel Good Friday Meet & Feast	Bring a plate and join other staff that have participated in feel good Friday. Event to be arranged by TropEco in Townsville and Cairns.