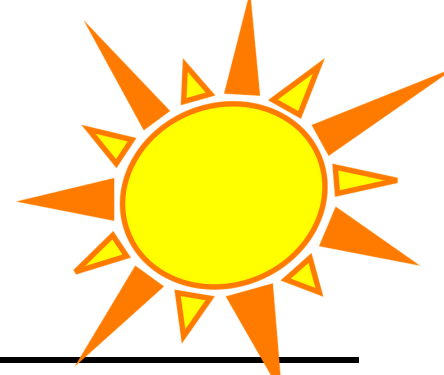
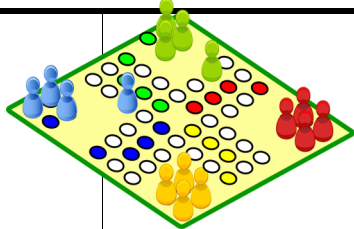


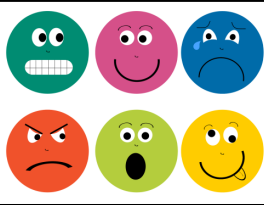


June Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 <i>Family Time</i> Read a book, poems or put together a puzzle or play a board game together.</p>	<p>Wellness Wednesday Journal about all the qualities you love about yourself!</p>	<p>3 <i>Workout Day</i> Walk/Run for 15 min. Hold a 30 second plank 30 Jumping Jacks Walk/ Run again</p>	<p>4 <i>Creative Minds</i> Listen to music Draw, color and create art work today. Display it to continue to enjoy your work.</p>	<p>5 <i>Be Active!!!</i> What type of activity do you enjoy? Make a routine of movement, breathing and fun!</p>
<p>6 <i>Thoughtful Moments</i> Say thoughtful comments to 3-4 people today.</p>	<p>7 <i>Get to bed early tonight.</i> Stretch and relax before going to bed a little early. Your brain & body depend on it.</p>	<p>8 <i>Hula hoop or jump rope today.</i> See if you can increase your time with multiple tries.</p>	<p>9 <i>Message of Thanks!</i> Send an email to your teachers this year thanking them for a great year!</p>	<p>10 <i>Make a list and celebrate your accomplishments from the 2020-2021 school year.</i></p>	<p>11 <i>Family Game Night</i> play cards or a board game together. Have lots of laughs!</p>	<p>12 <i>Take a Hike</i> Visit the local park or Dunes National Park for a hike. Pack a picnic too!</p>
<p>13 <i>Spread Kindness</i> Make a positive sign for your front door or window to spread a kind message in your neighborhood.</p>	<p>14 <i>Moving Monday</i> First Monday of Summer Break— Begin with a walk or run outside.</p>	<p>15 <i>Time to Read</i> Set a goal! How many books will you read this summer? Visit the</p>	<p>16 <i>Wellness Wednesday</i> Journal about all the qualities you love about yourself!</p>	<p>17 <i>Quiet Time</i> Unplug from technology today for 2-3 hours. Enjoy some quiet time away from technology.</p>	<p>18 <i>Balloon Breath</i> Imagine your belly is a balloon. Take 10 slow inhale and exhales as you fill and empty your belly.</p>	<p>19 <i>Self Talk Saturday</i> What positive message do you need to hear? Please use this all week?</p>
<p>20 <i>Notice Nature</i> Sit quietly and look outside or go outside. Notice 4 things in nature today. Add these to your journal.</p>	<p>21 <i>Journal Day</i> Write about your summer break. What are your favorite moments and what do you miss about school?</p>	<p>22 <i>If you feel anger this week or month.</i> Just notice. Where did you feel the anger, did you see a color? Add this to your journal.</p>	<p>23 <i>You make a difference!</i> Are there family members or friends that you could help this week?</p>	<p>24 <i>Five Finger Breath</i> Trace your fingers to inhale and exhale. Use this each day.</p>	<p>25 <i>Journal Day</i> How have you used courage and confidence this week?</p>	<p>26 <i>Practice a few Yoga Poses</i> *Mountain Pose * Seated Twist * Star Pose</p>
<p>27 <i>Calming Kit</i> Create a family calming kit together.</p> 	<p>28 <i>Gratitude Jar</i> Make a family gratitude jar. Add items that you're grateful for each day. At the end of the week read all the gratuities as a family.</p>	<p>29 <i>You are an amazing person!!!</i> Give yourself a big hug and be proud of who you are becoming each day.</p>	<p>30 <i>Positive Notes</i> Write 2-3 positive notes for your family members.</p>		<p>Feelings Chart</p> <p>Use the chart to identify how you or a family member is feeling.</p> 	



July Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 <i>Music Day</i> Create music from common things about your home.</p>	<p>2 <i>Workout Day</i> Walk/Run for 15 min. Hold a 30 second plank 30 Jumping Jacks Walk/ Run again</p>	<p>3 <i>Visualize your happy place today.</i> Know that you can use this image any-time you need to.</p>
<p>4 <i>Eat Mindfully today</i> Slow down and notice the flavors and texture of the food you eat today.</p>	<p>5 <i>Quiet Time</i> Unplug from technology today for 2-3 hours. Enjoy some quiet time away from technology.</p>	<p>6 <i>Dance Party</i> Pick 4-5 songs as a family and have a dance party!!! Laugh and enjoy being silly together.</p>	<p>7 <i>Wellness Wednesday</i> Journal about all the qualities you love about yourself!</p>	<p>8 <i>Sunshine –Shadow Walk</i> Take a walk in the morning, afternoon and evening. How do the shadows from trees differ?</p>	<p>9 <i>Sidewalk Chalk</i> Write kind messages on the sidewalk for the community to enjoy.</p>	<p>10 <i>Family Time</i> Read a book, poems or put together a puzzle or play a board game together.</p>
<p>11 <i>Journal Day</i> Journal about your month of July. What have you enjoyed and accomplished this month?</p>	<p>12 <i>Workout Day</i> Walk/Run for 15 min. Hold a 30 sec. plank 30 Jumping Jacks Walk/ Run again</p>	<p>13 <i>Sidewalk Chalk</i> Make an obstacle course on the sidewalk. Complete this with family or friends.</p>	<p>14 <i>You make a difference!</i> Are there family members or friends that you could help this week?</p>	<p>15 <i>Get to bed early tonight.</i> Stretch and relax before going to bed a little early. Your brain & body depend on it.</p>	<p>16 <i>Set a Timer for 2 minutes and focus on your breath only.</i></p>	<p>17 <i>Spread Kindness</i> Make a positive sign for your front door or window to spread a kind message in your neighborhood.</p>
<p>18 <i>Figure 8 Breath</i> Trace the number 8 while you inhale and exhale. Try to continue the breath for 6-8 breaths.</p>	<p>19 <i>Listen to your favorite song today.</i> What makes your happy or what about the song do you like?</p>	<p>20 <i>Helping Others</i> Is there a family chore that you can help with today? Try something new.</p>	<p>21 <i>Wellness Wednesday</i> Journal about all the qualities you love about yourself!</p>	<p>22 <i>Be Creative</i> Paint or draw positive messages on rocks. Spread these on your next walk.</p>	<p>23 <i>Sunshine –Shadow Walk</i> Take a walk in the morning, afternoon and evening. How do the shadows from trees differ?</p>	<p>24 <i>Eat Mindfully today—Have a Picnic</i> Slow down and notice the flavors and texture of the food you eat today.</p>
<p>25 <i>Family Time</i> Read a book, poems or put together a puzzle or play a board game together.</p>	<p>26 <i>Spread Kindness</i> Make a positive sign for your door or window to spread a kind message in your neighborhood.</p>	<p>27 <i>Trigger Tuesday</i> Talk as a family about what triggers you to get frustrated or upset. Share your thoughts.</p>	<p>28 <i>Quiet Time</i> Unplug from technology today for 2-3 hours. Enjoy some quiet time away from technology.</p>	<p>29 <i>Workout Day</i> Walk/Run for 15 min. Hold a 30 sec. plank 30 Jumping Jacks Walk/ Run again</p>	<p>30 <i>Draw Your Feelings Today</i></p>	<p>31 <i>Journal Day</i> Journal about your month of July. What have you enjoyed and accomplished this month?</p>



August Wellness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>It's August!!! What's on your mind? What are excited about, thinking about and hope to accom- plish this month?</i>	2 <i>Get to bed early tonight. Stretch and relax before going to bed a little early. Your brain & body depend on it.</i>	3 <i>Trail Walking Tuesday Find a park or trail to hike as a family today.</i>	4 <i>Figure 8 Breath Trace the number 8 While you inhale and exhale. Try to contin- ue the breath for 6-8 breaths.</i>	5 <i>Be Creative Paint or draw positive messages on rocks. Spread these on your next walk.</i>	6 <i>Fun Friday Make a list of family fun. Each week com- plete one of your "fun" activities as a family.</i>	7 <i>Silent Time on a Saturday. Pick a 5-10 minute time frame today to sit and reflect on your strength.</i>
8 <i>Quiet Time Unplug from technol- ogy today for 2-3 hours. Enjoy some quiet time away from technology.</i>	9 <i>Workout Day Walk/Run for 15 min. Hold a 30 second plank 30 Jumping Jacks Walk/ Run again</i>	10 <i>Stretch before bed tonight. See if you can get an extra 30 minutes of sleep to- night.</i>	11 <i>Wellness Wednesday Journal about all the qualities you love about yourself!</i>	12 <i>Hopscotch Make a hopscotch at the park or sidewalk by your home.</i>	13 <i>Safety Plan Talk as a family about safety. What is your plan as a family if there is an emergency?</i>	14 <i>Listen to your favorite song today. What makes your hap- py or what about the song do you like?</i>
15 <i>Sunny Sunday Spread sunshine with a thoughtful note to family members or friends today.</i>	16 <i>Coping Skills Make a family list of coping skills that could be used if some- one is upset or needs support.</i>	17 <i>Mindful Mantras Today will be a _____ day and I'll do my best to make it so.</i>	18 <i>Quiet Time Unplug from technol- ogy today for 2-3 hours. Enjoy some quiet time away from technology.</i>	19 <i>Workout Day Walk/Run for 15 min. Hold a 30 second plank 30 Jumping Jacks Walk/ Run again</i>	20 <i>Figure 8 Breath Trace the number 8 While you inhale and exhale. Try to contin- ue the breath for 6-8 breaths.</i>	21 <i>Notice Nature Sit quietly and look outside or go outside. Notice 4 things in nature today. Add these to your journal.</i>
22 <i>Be Creative Paint or draw positive messages on rocks. Spread these on your next walk.</i>	23 <i>Workout Day Walk/Run for 15 min. Hold a 30 second plank 30 Jumping Jacks Walk/ Run again</i>	24 <i>Stretch Up Tall Set a timer for 3 minutes and practice stretching your whole body.</i>	25 <i>Wellness Wednesday Journal about all the qualities you love about yourself!</i>	26 <i>Self Talk Make a positive self talk message and place it in an area you'll see each day.</i>	27 <i>Family Game Night Select 2-3 games to play together tonight.</i>	28 <i>Quiet Time Unplug from technol- ogy today for 2-3 hours. Enjoy some quiet time away from technology.</i>
29 <i>Dance Party Pick 4-5 songs as a family and have a dance party!!! Laugh and enjoy being silly together.</i>	30 <i>10 minutes Reset Set a timer and relax, breath or do yoga for 10 minutes.</i>	31 <i>Sunshine –Shadow Walk Take a walk in the morning, after- noon and evening. How do the shadows from trees differ?</i>			<i>Feelings Chart—use the chart to identify how you or a family member is feeling.</i>	