





# June 2023

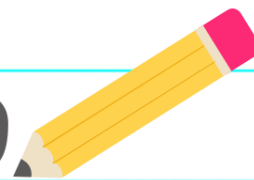
| Sun  | Mon  | Tue  | Wed   | Thu   | Fri  | Sat  |
|--|--|--|---|---|--|--|
|  | <p><u><b>Check in each day.</b></u></p> <p>Use the faces to the right to help describe your current feeling.</p> |   |   | <p>1 Thankful Thursday<br/>Thank those that have helped you throughout the school year.</p>     | <p>2 Fun Friday<br/>It's the last day of school, start the day with stretches and a big smile. Be prod of your accomplishments</p> | <p>3 Begin to track the hours you spend outside this weekend. How many hours can you accumulate this summer?</p>             |
| <p>4 Summer Planning<br/>What do you want to accomplish, explore or learn this summer? Set your goals today.</p>           | <p>5 Safety Plan<br/>Talk as a family about safety. What is your plan as a family if there is an emergency?</p>  | <p>6 Time to Move<br/>-Go to the park, go for a walk with your family while you spend 20-30 minutes dedicated to moving.</p>               | <p>7 Drink Water<br/>Make sure you're drinking 8-10 large glasses of water each day, especially if you're outdoors.</p> | <p>8 Thankful Thursday<br/>Write a Thank You Note to someone that has helped you this week.</p> | <p>9 Family Picnic<br/>Schedule a family picnic for one of your meals. Even if it's raining, have a picnic inside.</p>             | <p>10 Explore with flashlights. With your family, go on a walk/hike outside with flashlights just as the sun is setting.</p> |
| <p>11 Be Excellent on Purpose<br/>-help others<br/>-eat healthy choices<br/>-limit technology</p>                          | <p>12 THINK as you speak or send messages. Is the message... True? Helpful? Inspiring? Necessary? Kind?</p>      | <p>13 Creative Day<br/>Draw, paint, use sidewalk chalk to create displays of art work.</p>   | <p>14 Flag Day<br/>Wear Red, White &amp; Blue</p>   | <p>15 Thankful Thursday<br/>List 10 things you are thankful for.</p>                            | <p>16 No Technology Day<br/>Spend time doing other activities beside using technology and cellphones.</p>                          | <p>17 Board Game<br/>Have fun with your family or friends. Play 2-3 board games or cards games.</p>                          |
| <p>18 Soak up the Sun<br/>Is there yard work to help with? Take a plastic bag to pick up garbage in your neighborhood.</p> | <p>19 Read—Read<br/>Take 30 minutes each day this week to read a book or magazine.</p>                           | <p>20 Be the best version of yourself today!!<br/>*Help others, speak kindly, get enough sleep &amp; time outdoors</p>                     | <p>21 Happy Summer!!!<br/>It's the first day of summer. Spend the whole day outside.</p>                                | <p>22 Thankful Thursday<br/>Thank those that have helped you this week.</p>                     | <p>23 Learn something new today.<br/>-new recipe<br/>-read a new book<br/>-start a new craft<br/>-play a new song</p>              | <p>24 Embrace challenges and mistakes<br/>Make a list of challenges and what you have learned from them this month.</p>      |
| <p>25 Helpful Hands<br/>help at your home with chores, preparing a meal or doing laundry this week.</p>                    | <p>26 Be the person you want to be friends with. Be the best version of yourself.</p>                            | <p>27 Positive Self Talk<br/>Speak with supportive words to yourself and others. Place a note where you can see it each day. Be Brave!</p> | <p>28 Use Integrity<br/>Do the right thing even when no one is there to watch or acknowledge it.</p>                    | <p>29 Thankful Thursday<br/>List 10 different things that you are thankful for this week.</p>   | <p>30 Stay Inspired<br/>Check in on the goals you set on June 4th. What steps have you taken to reach those goals?</p>             |  |



| Sun  | Mon   | Tue  | Wed  | Thu  | Fri  | Sat  |
|--|---|--|--|--|--|--|
|  |   |  |  |  | Record your hours outdoors this month. Goal: 1000 hours over the 2023 year. <a href="http://www.1000hoursoutsid">www.1000hoursoutsid</a> | 1 Another fresh start! Set 3 goals for July. What do you hope to accomplish or do                    |
| 2 Be Grateful<br>Start the week with listing 5 different things you are grateful for each Sunday.  | 3 Technology Free Day!  | 4 Celebrate the USA!<br>4th of July Parade   | 5 Math Facts<br>Practice your addition, subtraction, multiplication, and division facts 0-12.            | 6 Visit the public library to check out 2 books that you can read.                                 | 7 Embrace challenges. What is something new you could learn today?   | 8 Forgiveness<br>Is there someone you need to show forgiveness to?                                   |
| 9 Be Grateful<br>Start the week with listing 5 different things you are grateful for each Sunday.  | 10 Summer Sun Sets<br>Go outside to enjoy the beautiful colors of the sunset.                       | 11 Technology Free Day!  | 12 Baking Day<br>Try a new recipe or use a favorite. Share what you made with a relative.                | 13 Water Fun<br>Go to the pool, dunes, use a sprinkler, water balloons. Have fun with water today! | 14 Read—Read<br>Find a quiet place today to read for 30-45 minutes.  | 15 Board Games<br>Have fun with your family or friends. Play 2-3 board games or cards games.         |
| 16 Be Grateful<br>Start the week with listing 5 different things you are grateful for each Sunday. | 17 Set a Timer for 3-5 minutes. Practice a mindful practice like breathing, journaling or movement. | 18 Shadow Day<br>Track your shadow outside from morning to dusk each hour. How does it change? | 19 Technology Free Day!  | 20 Visit the library to return the books from June 6th and pick out 2 more books.                  | 21 THINK as you speak or send messages. Is the message... True? Helpful? Inspiring? Necessary?   | 22 Apologize and make amends or repair a friendship or relationship with a family member.            |
| 23 Be Grateful<br>Start the week with listing 5 different things you are grateful for each Sunday. | 24 Read—Read<br>Find a quiet place today to read for 30-45 minutes.                                 | 25 Jumping Day<br>Jump rope, Hop, make a hopscotch... be creative to jump as much as you can.  | 26 Spread kindness to your neighborhood.<br>Is there litter to clean up or weeds that need to be pulled? | 27 Technology Free Day   | 28 Embrace challenges & mistakes. Make a list of challenges & what you have learned.   | 29 Go on a hike or long walk in a park with your family. See how many different colors you can spot. |
| 30 Be Grateful<br>Start the week with listing 5 different things you are grateful for each Sunday. | 31 Reflect on the goals you set in June and July. How are you reaching those goals each day?        |  |  |  | <b><u>Check in each day.</u></b><br><br>Use the faces to the right to help describe your current feeling.                                |                 |



# august 2023



| Sun  | Mon  | Tue  | Wed  | Thu   | Fri   | Sat   |
|--|--|--|--|---|---|---|
|  |  | 1 Record your hours outdoors this month. Goal: 1000 hours over the 2023 year. <a href="http://www.1000hoursoutside.com">www.1000hoursoutside.com</a> | 2 Dance Party Pick 4-5 songs as a family and have a dance party!!! Laugh and enjoy being silly | 3 Silent Time Pick a 5-10 minute time frame today to sit and reflect on your strength.                              | 4 Family Time Read a book, poems or put together a puzzle or play a board game together.              | 5 Talk as a family about what triggers you to get frustrated or upset.                    |
| 6 Sidewalk Chalk Make an obstacle course on the sidewalk. Complete this with family or friends | 7 Read—Read Find a quiet place today to read for 30-45 minutes.  | 8 Positive Affirmations I am capable.  | 9 Wellness Wednesday Journal about all the qualities you love about yourself!                  | 10 Figure 8 Breath Trace the number 8 While you inhale and exhale. Try to continue the breath for 6-8 breaths.      | 11 Listen to your favorite song today. What about the song do you like?                               | 12 Pack a Picnic Enjoy a picnic lunch or dinner outdoors.                                 |
| 13 Sunny Sunday Spread sunshine with a thoughtful note to a family members or friend.          | 14 THINK as you speak or send messages. Is the message... True? Helpful? Inspiring? Necessary? Kind?   | 15 Positive Affirmations I can do difficult things.  | 16 Welcome Back to School!! Be a Brickie and Be Excellent on Purpose!                          | 17 Mindful Mantras Today will be a _____ day and I'll do my best to make it so.                                     | 18 Mindful Mantras Today will be a _____ day and I'll do my best to make it so.                       | 19 Read—Read Find a quiet place today to read for 30-45 minutes.                          |
| 20 Go for a walk and notice 5 things about nature during your walk.                            | 21 Mindful Monday Find a quiet place inside or outside to sit for 3-5 minutes of focused deep breaths. | 22 Positive Affirmations I like the person I am. Each day I have opportunities to make strong choices.   | 23 Wellness Wednesday Journal about all the qualities you love about yourself!                 | 24 Eat Mindfully Slow down and notice the flavors and texture of the food you eat today.                            | 25 Be Creative Paint or draw positive messages on rocks. Spread these on your next walk.              | 26 Family Time Read a book, poems or put together a puzzle or play a board game together. |
| 27 Read—Read Find a quiet place today to read for 30-45 minutes.                               | 28 Spread Kindness Spread kindness with a thoughtful note to a family members or friend.               | 29 Positive Affirmations I can learn from my mistakes.   | 30 Music Day Create music from common things around your home.                                 | 31 Goal Check in How did you reach your goals you set during June and July. What do you want to achieve next month? | <b><u>Check in each day.</u></b><br>Use the faces to the right to help describe your current feeling. |   |