



WEEKLY HEALTH + WELLNESS ACTIVITIES

May 25-29

Mindful MONDAY

Make a card for a family member with 3 inside compliments. Inside compliments are about your character they aren't about what you wear. You can draw pictures or use words.

Tasty TUESDAY

Make breakfast, a snack, lunch or dinner for your parents. Try this easy tasty breakfast rounds. If you have your own recipe give that a try!

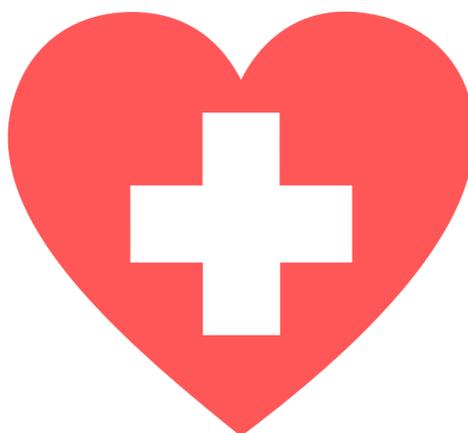
[Click here for Breakfast Rounds Recipe](#)

Wiggly WEDNESDAY

Get moving and help your family at the same time. Make a list together with an adult of chores with a purpose. Think of ideas that care for the environment and animals around you. For example, walking the dog, watering the plants, or mopping the floor. Every time you complete a task compliment yourself that you finished the task. This can help build your self-confidence!

Thoughtful THURSDAY

Create a Gratitude Jar! Find a Jar or container to decorate. Write down on pieces of paper people and things you are thankful or grateful for. Add the pieces of paper to your jar and put in your calm down kit. When you are having a hard day, you can re-read what you wrote down. Feel free to add to your Gratitude Jar at any time.



MRS. LEWIS
MRS. HANS

Fun FRIDAY

Play a fun feelings game with someone in your household or find a friend online to play with.

[Find instructions here!](#)

GOAL OF THE WEEK:

Increase social emotional learning and gratitude to gain respect for others and our environment.