



WEEKLY HEALTH + WELLNESS ACTIVITIES

June 1-5

Mindful MONDAY

Print and complete the flower template. Identify your strengths in the flower, people who support you in the roots and things that boost you up in the rain.

[Click here for the template](#)

Tasty TUESDAY

Make these easy yummy tortilla hot dog wraps

[Click here for recipe](#)

Wiggly WEDNESDAY

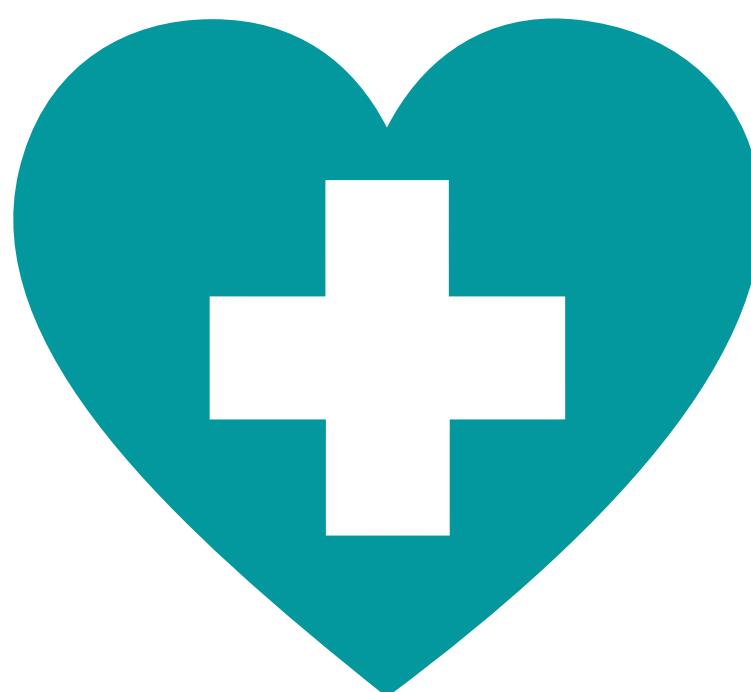
Go for a walk and list 3 things that you can see that you are grateful for during your walk. Examples can be the sun, clouds, fresh air, mountains, flowers or rain.

Thoughtful THURSDAY

Identify some thoughts that make you feel nervous that you need to let go. Write down your ideas using the template below.

[Click here for example](#)

[Click here to make your own!](#)



MRS. LEWIS
MRS. HANS

Fun FRIDAY

Grab your sidewalk chalk and write a positive message for someone else to see to help boost their self-esteem and to make you feel good too for spreading positivity!

GOAL OF THE WEEK:

Build self-esteem and respect towards oneself and others.