**Mindful Monday**

*Mindfulness can help us to stay focused, complete difficult tasks, show kindness, and so much more!*

Close your eyes and spend 1 minute thinking about a happy memory from your life. Try to remember as much as you can about that day. What clothes were you wearing, who was there, what was happening, what was the weather like...? Try to think about that day often.

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**Take a Breath Tuesday**

*Deep breathing can calm our minds and our bodies.*

Pretend you are blowing up a balloon. Slow deep breath in to fill up your belly, then a deep breath out to expand the balloon.

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**Wellness Wednesday**

*Pick an activity to get your body moving! Physical activity is so important to our overall well-being!*

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**Thinking Thursday**

*Would you rather....?*

- Go skiing or go to a water park?
- Become 5 years older or 2 years younger?
- Brush your teeth with soap or drink sour milk?
- Take a coding class or an art class?
- Live in a cave or a tree house?
- Be at school or working on schoolwork at home?

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**Fun Friday**

*Do something that makes you happy today!! Afterall, it’s Fri-yay!!!*

- Call, FaceTime, or set up a Zoom with someone you miss
- Draw or color a picture
- Ask your parents if you have watch a movie together as a family