

Magnificently Mindful Month of May in Milton!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Investigate a tree! How does it look, feel, smell, sound?
2 Clean up your room!	3 Take 3 deep breathes in and let out three long breathes	4 Sit outside and read something wonderful!	5 Notice your emotions today, and be kind to yourself :)	6 Notice the weather say something positive	7 Give thanks for this wonderful week in school with friends	8 Notice three things that you hear, indoors or outside
9 Pay attention to the feeling of water as you wash your hands	10 Surprise a friend today ask them if they need help!	11 Notice and count 5 breaths in and out before you get out of bed	12 Think of three good things that you are grateful for	13 Say something really kind to yourself today! You Matter!	14 Pause before saying something negative. Ask yourself, is it true?	15 Kindness is a muscle! Offer kindness to someone in your family
16 Tell someone you love them so much!	17 Spend time writing or drawing focus on just that!	18 Remember to PAUSE today! Notice how your body feels before and after, A HA!	19 As you sit at your desk, notice your feet on the floor, can you feel a sense of groundedness!	20 As you sit at lunch smile and talk with someone new!	21 Look around the classroom, notice something for the 1st time!	22 Spend time outside, sit quietly and notice your breathing, smile
23 SMILE! 30 Look out for Flowers today!	24 LAUGH A LOT! 31 Get ready for Joyful June!	25 At lunch practice mindful eating by paying attention as you eat slowly!	26 Draw a picture of you and a friend	27 Slow it down! Remember, Slowly, Slowly, Slowly said the Sloth!	28 Get up a little early and practice yoga!	29 Ask if you can plant seeds with your family today?