

Joyful June!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Taking a breath with Mr. Rogers!	Look for something good today and tell someone what it is!	Enjoy a walk or any movement that makes you feel energized!	Speak to others in a warm and friendly way :)	Finish your homework today and be happy that you are organized!
6	7	8	9	10	11	12
Sing your favorite song today really loud and proud!	Pick out a healthy snack and try to eat with awareness and joy!	Try mindful walking! Slowly notice the lifting of your foot and how it feels as it lands on the earth.	Find a quiet place to sit, close your eyes, breath in and smile as you breathe out!	Pause before saying something negative, ask yourself is it true?	Give thanks for this wonderful week in school with friends.	PRIDE DAY! Join a Pride Parade!
13	14	15	16	17	18	19
Tell someone you love them so much!	Say something really kind to yourself today! You are amazing :)	Ask three people about their day! Connect with a smile :)	Go for a walk and count how many sounds you hear!	The year is winding down, talk with your friends about what went well!	Say thanks to all your friends and teachers! YOU did it!	Remind yourself that you are amazing and loved! :)
20	21	22	23	24	25	26
Summer Solstice! Take in the sun today! Be Sunny!	Go outside and look for something in every color of the rainbow!	Find Joy in music: sing,play,dance!	Notice the weather today. Say something positive about it!	Find something from nature and do a sketch with an open mind about how it comes out!	Sit down and let yourself drop into a little stillness, notice how that feels?	Mindfully eat an ice cream cone! Slowly and with attention!
27	28	29	30			
Take 5 deep breaths in and let the air out slowly today!	Smile at those you meet today! Brighten their day as well as yours!	Kindness is a muscle, work it out! Offer some kindness to someone in your family!	July starts tomorrow! Print the Five Senses Chart and have a mindful week or why not summer!		HAPPY SUMMER EVERYONE!	

