

Month at a Glance: September

Activity	Enduring Understanding	Vocabulary	Time Needed for Completion
----------	------------------------	------------	----------------------------



Trashing Negative Self Talk	Our words are powerful. Changing your words can change your life.	self-talk, positive affirmations, triggers, personalizing filtering	45 minutes
Suicide Awareness and Prevention	Suicide is preventable. We all play a role in preventing it.	suicidal ideation, warning signs, depression, trusted adult, coping skills	30 minutes
Finding Your Joy	Joy comes from within. It's possible to have joy regardless of our external circumstances.	joy, contentment, gratitude, joy boards	45 minutes
Self-Care Is Not Selfish	Self-care is essential to your overall well-being.	self-care, empty cup, relax, recharge	45 minutes

September



Activity Plan

Title: Trashing Negative Self Talk

Suggested Time: 30 minutes

Suggested Grade Level(s): 9th–12th

<p>Activity Objective:</p> <ul style="list-style-type: none"> Scholars will improve their self-esteem, body image, and their overall wellbeing by reducing negative self-talk and replacing it with positive affirmations. <p>Materials:</p> <ul style="list-style-type: none"> paper plates markers scissors yellow poster board cut in the shape of a sunflower. <p>Vocabulary:</p> <ul style="list-style-type: none"> self-talk positive affirmations triggers personalizing filtering 	<p>Activity Overview: Scholars will trash (throw away) negative self-talk and replace it with positive affirmations.</p>	
	<p>Bridge (Connect & Engage)</p>	<ul style="list-style-type: none"> Facilitator: <i>Negative self-talk is often an involuntary form of self-criticism. It's toxic and damaging to your self-esteem. Here are some examples of negative self-talk:</i> <ul style="list-style-type: none"> <i>I'm a loser.</i> <i>I never do anything right.</i> <i>It doesn't make sense to try.</i> <i>It won't work out.</i> <i>I hate my life.</i> <i>I always fail.</i> <i>Other people my age already have a job, good grades, a scholarship, a boyfriend or girlfriend.</i> <i>Nothing good ever happens to me.</i> Facilitator: <i>Today we are going to watch a video on positive self-talk and discover what it means to trash those negative thoughts!</i> The facilitator should play the YouTube video "Positive Self Talk." After the video, scholars will use paper plates to list some of the negative things they say to themselves or other people say to them.
	<p>Boost (Teach)</p>	<ul style="list-style-type: none"> As scholars brain dump all the negative thoughts, the facilitator should play the song "Doubt" by Mary J Blige. Once most scholars are done, have them stand up and repeat after you: <ol style="list-style-type: none"> <i>I am successful.</i> <i>I am confident.</i> <i>I am powerful.</i> <i>I am strong.</i> <i>I can be whatever I want to be.</i> Facilitator: <i>Now take your scissors or use your hands and cut or tear up those negative thoughts. Encourage scholars to keep saying the positive affirmations as they destroy the negative thoughts. It may be helpful to write the affirmations on the board so scholars can see them.</i>

**Build (Rehearse
& Build for
Transfer/Close)**

- Provide scholars with a list of positive affirmations. They may also come up with affirmations of their own based on what negative self-talk they are trying to correct.
- **Facilitator:** *Each time you say something negative about yourself, you must erase it with two positive affirmations. Scholars will write positive affirmations on the sunflower. Scholars may also record positive affirmations on their phones for easy access.*

Differentiation Station

Scaffolds & Suggestions for Remediation

Suggestions for Acceleration



The facilitator can provide scholars with a list of positive affirmations to choose from.

Scholars can use Google Translate or text-to-talk features on available apps.

Scholars can partner with someone, particularly someone who speaks the same native language.

Scholars can create a positive affirmations word wall.

Activity Reflection:

Ace wants to know what you should do with what you learned today.

Supplemental Resources: Positive Self Talk https://youtu.be/71_NkXgAK1g; Mary J Blige "Doubt" <https://youtu.be/NUE5r4Mzf80>



Positive Affirmations for Scholars

- I have a sharp mind which makes me an excellent scholar.
- I have a winner's mindset, and I love accomplishing my goals.
- I am advancing to new levels by learning more each day.
- I feel thankful to be a scholar and it shows.
- I radiate positive energy.
- I am a gifted scholar, and I can achieve anything.
- I am a talented and prominent scholar.
- I have self-respect and dignity.
- I make a positive impact on other scholars' lives.
- I am kind to all people.
- I love my scholar life!
- I strive to do my best every day.
- I embrace life as a scholar.
- I am on the journey of becoming a very successful scholar.
- It's possible for me to achieve all my goals because my true potential is limitless.
- My mind absorbs and processes new information with greater speed.

YOU CAN
DO IT!

YOU
GOT
THIS

Positive Affirmations for Scholars

- I love gaining knowledge, which helps me grow to my full potential.
- I am a very quick learner.
- I am very good at gaining knowledge and properly using it.
- My mind's ability to learn and remember is increasing every day.
- It's okay not to know everything.
- I can always learn.
- I start with a positive mindset.
- I am capable.
- I am in control of my progress.
- I create a healthy balance in my life.
- I can get through everything.
- I am building my future.
- I can change the world.
- I will win at what I put my mind to.
- I am excited to step into a new world.
- Anything is possible.
- I will continue to expand my mind.



I can do this

**BEING
YOU
IS YOUR
power**

Positive Affirmations for Scholars

- I am worthy to receive love.
- Nothing can stop me from living the life of my dreams.
- I am a beautiful person.
- I matter. I am strong.
- I am genuine.
- I can do anything I put my mind to.
- I've got this.
- I choose healthy ways to deal with stress.
- There's no reason for me to compare myself to others.
- I'm only human and we all make mistakes.
- Success isn't final, and failure isn't fatal. It's the courage to persevere that counts in the end.
- I am blessed to live this life that I've created.
- Every day, I improve myself in some way.
- I am worthy of deep connections.
- I love and approve of myself.

Positive
Vibes
Only

YOU DESERVE
ALL THE
GOOD
THINGS

i am
OWH SO
awESome

Activity Plan

Title: Suicide Awareness and Prevention

Suggested Time: 20–30 minutes

Suggested Grade Level(s): 9th–12th

<p>Activity Objective:</p> <ul style="list-style-type: none"> Scholars will understand the key characteristics of suicide awareness and explore ways to promote mental health care. <p>Materials:</p> <ul style="list-style-type: none"> sticky notes markers suicide prevention lifeline # <p>Vocabulary:</p> <ul style="list-style-type: none"> coping skills suicidal ideation warning signs depression suicide prevention protective factor 	<p>Activity Overview: Scholars will have an opportunity to recognize the differences between sadness and depression, understand warning signs of suicide, explore what to do when a scholar or their friend is in trouble, and identify trusted adults. As a part of this session, scholars will participate in a kindness activity.</p>	
	<p>Bridge (Connect & Engage)</p>	<ul style="list-style-type: none"> Facilitator: <i>Sometimes life is fun and things are great, but there are other times when life can be tough. Whether we are experiencing good or tough times, we could all use a little reminder to take care of ourselves and the people we interact with. Giving ourselves and others a boost is important.</i> Facilitator: <i>Feeling sad from time to time is a normal part of life. Think about a time when you felt down. What are some healthy things you did to cheer yourself up? Give scholars an opportunity to respond. These are called coping skills. Coping skills help you deal with your emotions healthily. Share the list of 99 Coping Skills Sheets.</i>
	<p>Boost (Teach)</p>	<ul style="list-style-type: none"> Facilitator: <i>A suicidal ideation is when someone has thoughts of wanting to die. Warning signs of suicide are indicators that a person may be in danger of harming themselves and may need help. A warning sign is a red flag that can be a sign of suicidal thoughts or a symptom of depression. Sadness is a normal human emotion that is typically temporary and does not cause significant changes in our day-to-day lives. Depression causes significant distress in our day-to-day lives and can be constant, lasting at least two weeks. When a person is depressed, they are not thinking, feeling, or acting the way they normally would.</i>



<p>Boost (Teach)</p>	<ul style="list-style-type: none"> • Facilitator: <i>Everyone has a role to play in suicide prevention. The most important way to help a person who is exhibiting warning signs is to connect them with a trusted adult immediately. Why do you think it's important to get an adult involved? Give scholars an opportunity to respond. Name some examples of adults you could reach out to for help if you or a friend is exhibiting warning signs related to suicide. Give scholars an opportunity to respond.</i>
<p>Build (Rehearse & Build for Transfer/Close)</p>	<ul style="list-style-type: none"> • Facilitator: <i>Kindness is a protective factor. A protective factor is an act or person who helps reduce the risk of someone hurting themselves. Kindness can have a lasting impact on others. Today, we will create a visual representation of support for suicide prevention by creating a heart-shaped sticky note graphic. After we have written our messages, we can assemble the sticky notes to create a heart.</i> • Choose an appropriate space to place the notes. The chosen place should be a place where many scholars will be able to read the notes. • Facilitator: <i>Answer the following prompts on a sticky note:</i> <ol style="list-style-type: none"> 1. <i>Leave a positive message to brighten someone's day.</i> 2. <i>What is the best thing someone could say to you when you need support?</i> 3. <i>Name one person or thing worth living for?</i>

Differentiation Station

Scaffolds & Suggestions for Remediation

Suggestions for Acceleration



Coping Skills Activity—Scholars can divide a sheet of paper into four sections. They can then draw four things that bring them happiness when they are feeling sad.

Protective Factor Activity—Scholars can create a visual of examples of how their families or loved ones show they care for them.

Scholars can use Google Translate as needed. Scholars can use text-to-talk features on available apps. Scholars can partner with someone, particularly someone who speaks the same native language.

Scholars can write a letter to a trusted adult, sharing their appreciation and letting them know the role they play in your life.

Activity Reflection:

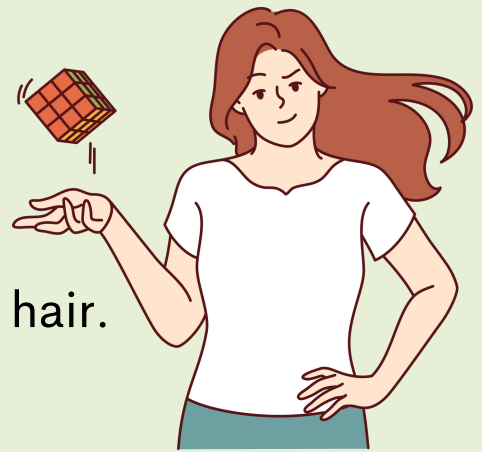
Ace wants to know what you thought about suicide prevention before this activity compared to what you think about it now.

Supplemental Resources:



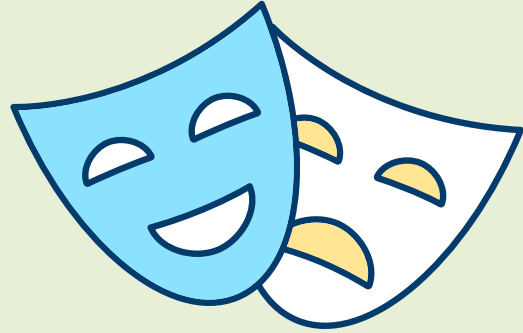
99 Coping Skills

- Exercise.
- Put on fake tattoos.
- Write (poetry, stories, journal).
- Scribble/doodle on paper.
- Be with other people.
- Watch your favorite TV show.
- Hydrate.
- Go see a movie.
- Do a word search or crossword.
- Do schoolwork.
- Play a musical instrument.
- Paint your nails, do your make-up or hair.
- Sing.
- Study the sky.
- Punch a pillow.
- Cover yourself with Band-Aids where you want to cut.
- Let yourself cry.
- Take a nap (only if you are tired).
- Take a hot shower or a relaxing bath.
- Play with a pet.



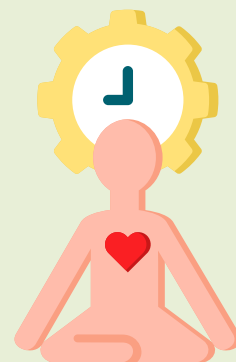
99 Coping Skills

- Go shopping.
- Clean something.
- Knit or sew.
- Read a good book.
- Listen to music.
- Try some aromatherapy (candle, lotion, room spray).
- Meditate.
- Go somewhere very public.
- Bake cookies.
- Create a vision board.
- Paint or draw.
- Rip paper into itty-bitty pieces.
- Shoot hoops, kick a ball.
- Write a letter or send an email.
- Plan your dream room (colors/furniture).
- Hug a pillow or stuffed animal.
- Hyper focus on something like a rock, hand, etc.
- Dance.
- Make hot chocolate, a milkshake, or a smoothie.
- Play with modeling clay or Play-Doh.



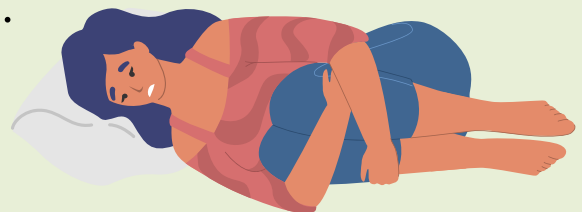
99 Coping Skills

- Build a pillow fort.
- Go for a nice, long drive.
- Complete something you've been putting off.
- Draw on yourself with a marker.
- Take up a new hobby.
- Look up recipes, cook a meal.
- Go outside for 15 minutes.
- Create or build something.
- Pray.
- Make a list of blessings in your life.
- Read the Bible.
- Go to a friend's house.
- Jump on a trampoline.
- Watch an old, happy movie.
- Contact a hotline/your therapist, if you want, you can call them at 1-800-448-3000.
- Talk to someone close to you.
- Ride a bicycle.
- Feed the ducks, birds, or squirrels.
- Color.



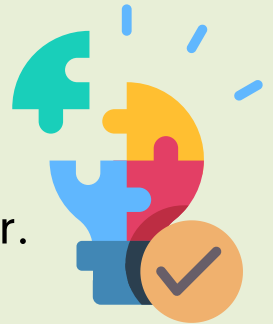
99 Coping Skills

- Memorize a poem, play, or song.
- Stretch.
- Search for ridiculous things on the internet.
- "Shop" online (without buying anything).
- Color-coordinate your wardrobe.
- Watch fish.
- Make a playlist of your favorite songs.
- Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
- Plan your wedding/prom/other event.
- Plant some seeds.
- Hunt for your perfect home or car online.
- Try to make as many words out of your full name as possible.
- Sort through/edit your pictures.
- Play with a balloon.
- Give yourself a facial.
- Play with a favorite childhood toy.
- Start collecting something.
- Play video/computer games.



99 Coping Skills

- Clean up trash at your local park.
- Look at yourlifeyourvoice.org.
- Text or call a friend.
- Write yourself an "I love you because..." letter.
- Look up new words and use them.
- Rearrange furniture.
- Write a letter to someone that you may never send.
- Smile at five people.
- Play with your little brother/sister/niece/nephew.
- Go for a walk (with or without a friend).
- Put a puzzle together.
- Clean your room /closet.
- Try to do handstands, cartwheels, or backbends.
- Yoga.
- Teach your pet a new trick.
- Learn a new language.
- Move EVERYTHING in your room to a new spot.
- Get together with friends and play Frisbee, soccer, or basketball.
- Hug a friend or family member.
- Search online for new songs/artists.
- Make a list of goals for the week/month/year/5 years.
- Perform a random act of kindness



Activity Plan

Title: Finding Your Joy

Suggested Time: 45 minutes

Suggested Grade Level(s): 9th–12th

<p>Activity Objective:</p> <ul style="list-style-type: none"> Scholars understand that joy comes from within and it's possible to have joy regardless of our external circumstances. <p>Materials:</p> <ul style="list-style-type: none"> chromebooks phones small ball <p>Vocabulary:</p> <ul style="list-style-type: none"> joy contentment gratitude joy boards 	<p>Activity Overview: Scholars will create a digital joy board of people, places, events, or songs that bring them joy.</p>	
	<p>Bridge (Connect & Engage)</p>	<ul style="list-style-type: none"> Facilitator: <i>Today we're going to talk about what brings you joy. Because we are all different and have unique experiences, everyone may not have the experience joy in the same way. Webster defines joy as a feeling of great pleasure or happiness that comes from success, good fortune, or a sense of well-being. Research says hugs are a fun way to add joy to your day. If you feel comfortable, get up and give at least three people a hug? If you are uncomfortable with hugs, please remain seated. Give scholars two minutes to give and receive hugs. As you wrap up your hugs, please come back and sit in a circle.</i>
	<p>Boost (Teach)</p>	<ul style="list-style-type: none"> Facilitator: <i>I'd like for us to consider those people and/or things that bring us joy. While you are sharing, I'll share with the group.</i> The facilitator should share what brings them joy and why. The facilitator will then toss the ball to the person who should share next. Once that person has shared, the ball should be thrown to someone else. This should continue until everyone has shared.
	<p>Build (Rehearse & Build for Transfer/Close)</p>	<ul style="list-style-type: none"> Facilitator: <i>The last thing we are going to do today is create a digital joy board. You may use PowerPoint, Google Slides, Canva, Prezi, or any digital presentation you are familiar with. You will locate pictures of people, places, events, songs, or anything that brings you joy. You can google or share them from your phone. We will save these presentations. I want to encourage you to look back at this presentation and feel joy regardless of your situation on days when you're feeling low or sad. You are welcome to share your finished product with someone.</i> Facilitators can play "Happy" by Pharrell Williams, "Three Little Birds" by Bob Marley, or "Life is a Highway" by Rascal Flatts while scholars work.



Differentiation Station

Scaffolds & Suggestions for Remediation

Suggestions for Acceleration



Facilitators can ask open-ended questions to get the scholars' ideas flowing. Ex. - Think about a time when you felt joy. Where were you? Who were you with? What was going on? Why was this such a joyful occasion? Did this event have anything to do with your culture of heritage? If so, please share that with us as well.

Scholars can find a song that brings them joy. They will create a lyric to go along with the song.

Activity Reflection:

Ace wants to know how you can bring joy to others.

Supplemental Resources: "Happy" by Pharrell Williams

https://youtu.be/ZbZSe6N_BXs?si=ha7Y65yaCHkEBP-H "Three Little Birds" by Bob Marley; <https://youtu.be/HNBCVM4KbUM?si=6TXvbgTNdM6qOV1J> "Life is a Highway" by Rascal Flatts https://youtu.be/Zh-ZUrc-aLI?si=j1j_7ZqeIDT_hvXZ



Activity Plan

Title: Self Care Is Not Selfish

Suggested Time: 45 minutes

Suggested Grade Level(s): 9th–12th

<p>Activity Objective:</p> <ul style="list-style-type: none"> Scholars will understand that self-care isn't selfish. <p>Materials:</p> <ul style="list-style-type: none"> eight hats self-care calendar yoga poses for beginners blank calendar template computer <p>Vocabulary:</p> <ul style="list-style-type: none"> self-care empty cup relax recharge 	<p>Activity Overview: Scholars will become aware of and practice self-care strategies.</p>	
	<p>Bridge (Connect & Engage)</p>	<ul style="list-style-type: none"> Facilitator: <i>The first thing I'd like everyone to do is to put your cell phones on silent. Now, please close your eyes. Take a deep breath, hold it for 5 seconds, and let it out slowly. Take another deep breath, hold it for 5 seconds, and let it out slowly. Do it again. Do it one more time. Now, while you still have your eyes closed, rotate your head slowly in a circle. Do it again. Now, rotate your shoulders slowly in a circle. Completely relax. While scholars have their eyes closed, play relaxing music for stress relief.</i> Facilitator: <i>You may open your eyes. Self-care has become such a buzzword, but it really is vital to your overall wellbeing. Self-care is the intentional act of caring for ourselves, physically, mentally, and emotionally. The bottom line is, self-care is designed for us to pause, relax, and recharge.</i>
	<p>Boost (Teach)</p>	<ul style="list-style-type: none"> Put all the hats on your head. Make them sloppy and difficult to balance. Facilitator: <i>These hats represent our lives and everything we're responsible for. This is how it looks when we live our lives without self-care.</i> Let the hats fall. Now put 2 hats on your head, 3 in your right hand and 3 in your left hand. Show the scholars how much easier it is to balance them now. Facilitator: <i>Now look at my life. Did I get rid of any of my responsibilities? Allow scholars to respond. No, I didn't. Self-care brings balance to your life. Now that I've incorporated self-care, I can handle my life a bit easier than before. Have you ever heard the saying that you cannot pour from an empty cup? It means we cannot be any good to anyone else if we are not first taking care of ourselves.</i>



**Build (Rehearse
& Build for
Transfer/Close)**

- **Facilitator:** *We've already practiced one self-care strategy, deep breathing. You will be surprised at how much better you will feel if you do that a couple of times a day. Put your phone on silent, turn on some relaxing music and deeply breathe in and out for ten minutes.*
- **Facilitator:** *Speaking of music, another self-care strategy is listening to your favorite music. What is your favorite music or song? **Allow scholars an opportunity to share their favorite music or song.** I guess any music you love can be a part of your selfcare, but you want to pay close attention to how the music makes you feel and what it makes you want to do.*
- **Facilitator:** *An attitude of gratitude works wonders for your mental health. If you are thankful for what you have, you will always have enough. If you focus on what you don't have, you will never have enough. At this time, please write 5 things you are grateful for. **Give scholars time to complete their lists.***
- **Facilitator:** *Yet another self-care tip is practicing yoga. Everyone, please stand up and spread out. We are going to try the Mountain Pose. It's okay if you stumble. Try to focus. Practice makes progress. **Play the 3-minute Mountain Pose YouTube Video.***
- **Facilitator:** *The last thing we're going to do today is write a letter to someone you love. It can be someone you talk to every day or someone you haven't spoken to in a while. Express how you feel about them. Engaging in effective communication is a part of self-care. **Allow 10-15 minutes for scholars to write.***
- **Facilitator:** *These were just a few self-care activities, but there are hundreds more for you to try. I hope you will find some to meet your needs and incorporate them into your daily routine.*

Differentiation Station

Scaffolds & Suggestions for Remediation

Suggestions for Acceleration



The facilitator can provide scholars with a template to assist with writing their letter.

Scholars can use text-to-talk features on available apps.

Scholars can partner with someone, particularly someone who speaks the same native language.

Allow scholars to create their own calendar of self-care activities.

Activity Reflection:

Ace wants to know which self-care strategies you plan to incorporate into your life.

Supplemental Resources:

Relaxing Music for Stress Relief <https://www.youtube.com/live/zKZrZj71qiE?si=e84G0EkCKElwZrtT>; **Mountain Pose for Beginners** <https://youtu.be/t1e4QbaeH6c?si=yLeTAANSCYs47xYB>



Self-Care Ideas for Students

1. Listen to music.
2. Take a break from social media for a bit.
3. Get a plant. Not only are plants good for your mental health and physical space, but taking care of a plant can be a simple way to add more fulfillment in your life.
4. Sleep well. Getting enough sleep is essential to your cognitive function and mental health (and your physical health, too).
5. Give yourself a bedtime and a wake-up time, even if you don't have anything to do, to get yourself into a healthy routine.
6. Color in an adult coloring book (or even a kids' coloring book).
7. Meditate.
8. Read some uplifting news stories.
9. Get outside. Fresh air does amazing things for your mental health.
10. Binge your favorite Netflix show.
11. Practice daily positive affirmations.
12. Reorganize your room.
13. Pet your dog or cat. We're not joking— studies have shown that petting an animal releases serotonin (the chemical in your body responsible for happiness).
14. Keep a journal.
15. Put your phone away (or on silent) at least an hour before you go to bed.
16. Open your blinds and curtains and let the sun in.
17. Light a scented candle or diffuse essential oils.
18. Open a window and let some fresh air in.
19. Create a Pinterest board and fill it with motivational quotes and inspiring pictures.
20. Stargaze. Stare into the stars and feel the power of the universe.
21. Buy yourself some flowers
22. Give yourself a manicure or pedicure.
23. Wear an outfit that makes you feel great about yourself, even if you aren't going anywhere.
24. When you catch yourself thinking negatively, come up with a way to spin it positively.
25. Give yourself a mental health day when you feel overwhelmed or burnt out.
26. Make your bed.
27. Embrace your emotions. If you need to cry, let yourself cry.



Self-Care Ideas for Students

28. Make a vision board.
29. Unfollow negative people on social media. You don't need that in your life.
30. Laugh—laughter is good for your mental wellbeing and your happiness. Watch some comedies, tell some jokes, watch stand-up comedians, or even listen to a funny podcast.
31. Find a new game to play in the app store on your phone.
32. Get some window markers and decorate your windows.
33. Use sticky notes or window writers to write love notes to yourself on your bathroom mirror.
34. Go for a drive. It doesn't matter where you go.
35. Take one photo a day and turn them into a photo journal of your life.
36. Sit down and do absolutely nothing for a little while. Let yourself be in the moment.
37. Go Marie Kondo to your home and declutter. Get rid of everything that no longer brings you joy.
38. Organize your space. Clutter and mess can cause stress and anxiety.
39. Check in with yourself daily and ask yourself what you need right now.
40. Practice gratitude. Make a list of everything you're grateful for.
41. Use a shower bomb to turn your shower into an aromatherapy haven.
42. If you feel stressed out, stop and do a grounding exercise. Make note of 3 things you see, hear, smell, and feel around you.
43. Eat mindfully. While you eat, focus on chewing every bite and eat slowly. Don't turn the TV on or do anything else while you're eating.
44. Practice self-compassion. Be kind to yourself and try to stop being so hard on yourself.
45. Collect motivational quotes on a Pinterest board, your wall, or a vision board.
46. Make a list of 20 things you love about yourself. If you can come up with more, that's even better.
47. Write positive things to say to yourself or little self-love notes and put them in a jar. On days when you feel stressed or not mentally well, pick one and read it to yourself.
48. Find a nice, peaceful spot and watch the sun set. If you're an early riser, do this for a sunrise.
49. Make yourself a little self-care kit filled with things that make you feel happy and relaxed. These are fun to curate, and you can keep it on hand when you need a mental break.
50. Create a really cozy space you can lie down and relax in, whether it's a pile of pillows or just a corner of the couch where you can spread out.



Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



Notes:

Important:



30-Day Self-Care Challenge



Establish a personal goal for this month.



Engage in deep breathing or meditation for a duration of 10 minutes.



Compose a list of ten things you appreciate.



Go for a walk outdoors.



Tidying up a room or workspace.



Reach out to a friend via call or text to reconnect.



Prepare a nutritious dish



Engage in yoga or gentle stretching exercises.



Craft a positive affirmation and make it a part of your daily routine.



Establish a calming bedtime ritual.



Write in a journal to express your thoughts and emotions.



Make sure to carve out time for indulging in your favorite hobby.



Compliment yourself.



Take a break from technology for one hour.



Enjoy listening to your favorite music or a soothing playlist.



Incorporate mindfulness into your daily activities.



Visit a local animal shelter or spend quality time with a pet.



Engage with a book or movie that sparks inspiration within you.



Discover a fresh way to unwind, such as progressive muscle relaxation.



Indulge in a power nap or a rejuvenating break.



Develop a vision board or a list outlining your personal goals.



Consider volunteering or engaging in a random act of kindness.



Give yourself a little treat.



Take a moment to contemplate your achievements and progress.



Immerse yourself in nature by exploring a park, beach, or forest.



Compose a letter addressed to your future self.



Establish boundaries to safeguard your energy and time.



Create a morning routine that invigorates you.



Practice self-compassion and grant yourself forgiveness for previous errors.



Assess your progress and commemorate your accomplishments.



Yoga Poses for Kids



triangle pose



warrior



back bend



cobra pose



child pose



side plank



half standing forward fold



easy pose



knees to chest

Loved One Letter Template

Date: _____

Dear _____,

I am writing this letter because

I appreciate how you

The next time we are together let's

Sincerely,

