

APRIL 2023

MINDFUL MONDAY	TELL ME TUESDAY	WE GOT THIS WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY
<p>3 SCHOOL CLOSED SPRING BREAK</p>	<p>4 SCHOOL CLOSED SPRING BREAK</p>	<p>5 SCHOOL CLOSED SPRING BREAK</p>	<p>6 SCHOOL CLOSED SPRING BREAK</p>	<p>7 SCHOOL CLOSED GOOD FRIDAY</p>
<p>10 BREATHE IN AND OUT WHILE COUNTING TO TEN REPEAT 3X : “I AM COURAGEOUS AND I STAND UP FOR MYSELF.” WRITE IT DOWN IN YOUR NOTEBOOK</p>	<p>11 WHAT DID YOU ACCOMPLISH DURING SPRING BREAK? WHAT WAS YOUR FAVORITE ACTIVITY?</p>	<p>12 CREATE A NEW POSITIVE STATEMENT TO GET YOU THROUGH THE DAY!</p>	<p>13 RECORD A THANK YOU VIDEO AND SEND IT TO SOMEONE YOU ARE GRATEFUL FOR.</p>	<p>14 WHAT IS YOUR FAVORITE POEM? WRITE IT DOWN AND EXPLAIN WHY IT IS YOUR FAVORITE.</p>
<p>17 BREATHE SLOWLY WHILE REPEATING 4X: “ I AM BLESSED WITH AN INCREDIBLE FAMILY AND WONDERFUL FRIENDS.” WRITE IT DOWN IN YOUR NOTEBOOK</p>	<p>18 WHAT ARE THE QUALITIES YOU LOOK FOR IN A FRIEND? WHAT QUALITIES ARE <u>MOST</u> IMPORTANT?</p>	<p>19 WRITE <u>TWO</u> THINGS YOU CAN SAY INSTEAD OF “I CAN’T DO THIS.”</p>	<p>20 SATURDAY IS EARTH DAY! WRITE A THANK YOU LETTER TO EARTH. WHAT ARE YOU GRATEFUL FOR THAT THE EARTH PROVIDES YOU WITH?</p>	<p>21 SCHOOL CLOSED Eid al-Fitr</p>
<p>24 BREATHE SLOWLY COUNTING UNTIL 10. MELT AWAY ALL YOUR WORRIES FOR THE DAY AND WRITE DOWN HOW YOU FEEL.</p>	<p>25 WHAT HAVE YOU ACCOMPLISHED THIS YEAR THAT YOU ARE MOST PROUD OF?</p>	<p>26 WRITE 3 POSITIVE THINKING AFFIRMATIONS IN YOUR MINDSET JOURNAL.</p>	<p>27 CREATE A GRATITUDE JAR OR ENVELOPE. WRITE 1 THING YOU ARE GRATEFUL FOR AND PUT IT IN YOUR CONTAINER.</p>	<p>28 <u>POEM IN YOUR POCKET DAY!</u> WRITE A POEM AND SHARE IT WITH SOMEONE SPECIAL.</p>