


February 2023

MINDFUL MONDAY	TELL ME TUESDAY	WE GOT THIS WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY
		<p>1 WRITE ONE WAY THAT YOU CAN HAVE AN AMAZING DAY.</p>	<p>2 THINK OF SOMETHING YOU ARE GRATEFUL FOR AND WRITE IT DOWN IN YOUR NOTEBOOK.</p>	<p>3 <u>ANALYZE THIS QUOTE:</u> “DEVELOP ENOUGH COURAGE SO THAT YOU CAN STAND UP FOR YOURSELF AND THEN STAND UP FOR SOMEBODY ELSE.” - MAYA ANGELOU.</p>
<p>6 BREATHE IN AND OUT WHILE COUNTING UNTIL 10. THEN COLLECT YOUR THOUGHTS AND REPEAT: I AM READY TO CONQUER THIS DAY! WRITE IT IN YOUR NOTEBOOK.</p>	<p>7 IF YOU COULD HAVE ONE SUPERPOWER WHAT WOULD IT BE? WHY?</p>	<p>8 GOOGLE THE DEFINITION OF THE WORD “RESILIENCE.” HOW CAN YOU CONNECT TO THIS WORD?</p>	<p>9 WHAT IS ONE MISTAKE YOU LEARNED FROM? HOW CAN MAKING MISTAKES BE A GOOD THING?</p>	<p>10 <u>ANALYZE THIS QUOTE:</u> “CHANGE WILL NOT COME IF WE WAIT FOR SOME OTHER PERSON OR IF WE WAIT FOR SOME OTHER TIME. WE ARE THE ONES WE’VE BEEN WAITING FOR. WE ARE THE CHANGE THAT WE SEEK.” -BARACK OBAMA</p>
<p>13 TO IMPROVE YOUR LIFE, YOU HAVE TO IMPROVE YOUR THOUGHTS. WRITE DOWN 3 POSITIVE THOUGHTS.</p>	<p>14  IF YOU COULD BRING HAPPINESS TO ONE OTHER PERSON, WHO WOULD THAT BE AND WHAT WOULD YOU DO?</p>	<p>15 DRAW A SKETCH WITH THE SLOGAN: “I HAVE A GROWTH MINDSET!” AND DECORATE IT!</p>	<p>16 EXPRESS GRATITUDE FOR SOMETHING THAT MADE YOU SMILE TODAY. WRITE IT DOWN AND EXPLAIN.</p>	<p>17 <u>ANALYZE THIS QUOTE:</u> “YOU MUST NEVER BE FEARFUL ABOUT WHAT YOU WERE DOING WHEN IT IS RIGHT.” -ROSA PARKS</p>
<p>20 <i>Presidents' Day No School</i></p>	<p>21 WRITE ABOUT ONE WAY YOU CAN MAKE THE WORLD A BETTER PLACE</p>	<p>22 CREATE A MOTIVATIONAL #HASHTAG TO GET YOU THROUGH THE DAY. TELL WHY YOU CREATED THIS HASHTAG? Example: #DreamBig</p>	<p>23 SHOW GRATITUDE BY PERFORMING A RANDOM ACT OF KINDNESS. WRITE DOWN WHAT YOU DID IN YOUR NOTEBOOK.</p>	<p>24 <u>ANALYZE THIS QUOTE:</u> “INJUSTICE ANYWHERE IS A THREAT TO JUSTICE EVERYWHERE” - MARTIN LUTHER KING, JR.</p>
<p>27 CLOSE YOUR EYES AND BREATHE COUNTING UNTIL 10. THEN COLLECT YOUR THOUGHTS AND REPEAT: I AM READY FOR THIS WEEK!</p>	<p>28 TELL 3 WAYS YOU CAN HELP MAKE SOMEONE ELSE FEEL GOOD.</p>	<p>1 #I BELIEVE IN MYSELF DRAW A SKETCH OF YOURSELF AND WRITE ABOUT HOW YOU CAN BELIEVE IN YOURSELF.</p>	<p>2 WRITE A THOUGHTFUL NOTE TO A PARENT OR GRANDPARENT ABOUT WHAT MAKES THEM SPECIAL.</p>	<p>3 DO YOU HAVE A STRONG WOMAN IN YOUR LIFE? (FOR EXAMPLE: MOTHER, GRANDMOTHER, AUNT, OR A TEACHER) WHAT CHARACTER TRAITS DO YOU ADMIRE ABOUT THEM? WHY?</p>