

MAY 2023

MINDFUL MONDAY	TELL ME TUESDAY	WE GOT THIS WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY
<div>1</div> <div>TODAY IS A NEW DAY! AS YOU START YOUR DAY, BE AWARE OF YOUR THOUGHTS AND FEELINGS. WRITE 3 WORDS TO DESCRIBE HOW YOU FEEL.</div>	<div>2</div> <div>WHAT ARE THINGS MONEY CAN'T BUY?  LIST SEVERAL OF THEM.</div>	<div>3</div> <div>WE RISE BY LIFTING OTHERS.  MOTIVATE A FRIEND TODAY USING KIND WORDS.  WRITE ABOUT IT.</div>	<div>4</div> <div>SHOW GRATITUDE BY PERFORMING A RANDOM ACT OF KINDNESS.  WRITE DOWN WHAT YOU DID IN YOUR NOTEBOOK.</div>	<div>5</div> <div>RESEARCH AN INSPIRING ASIAN-AMERICAN/ PACIFIC ISLANDER LEADER. WHAT DID HE/SHE ACCOMPLISH?  WRITE ABOUT IT IN YOUR NOTEBOOK.</div>
<div>8</div> <div>AS YOU START YOUR DAY, BE AWARE OF YOUR THOUGHTS AND FEELINGS.  DRAW A PICTURE OF HOW YOU FEEL.</div>	<div>9</div> <div>WHAT WOULD YOU DO IF YOU SAW YOUR FRIEND CHEATING ON A TEST? EXPLAIN IN YOUR MINDSET JOURNAL.</div>	<div>10</div> <div>CREATE A NEW POSITIVE STATEMENT TO SHARE WITH A FRIEND!</div>	<div>11</div> <div>WHAT ARE YOU MOST THANKFUL FOR ON THIS DAY?</div>	<div>12</div> <div>WRITE ABOUT A FAVORITE FOOD FROM AN ASIAN/PACIFIC ISLAND CULTURE.</div>
<div>15</div> <div>DRAW AN EMOJI OF HOW YOU ARE FEELING TODAY. EXPLAIN YOUR FEELINGS.</div>	<div>16</div> <div>WHAT WOULD YOU DO IF YOU SAW A CLASSMATE BULLYING ANOTHER STUDENT?</div>	<div>17</div> <div>A GROWTH MINDSET BELIEVES ANYTHING IS POSSIBLE WITH PRACTICE AND PERSEVERANCE.  WRITE <u>TWO</u> THINGS YOU CAN SAY THAT SHOW A POSITIVE MINDSET.</div>	<div>18</div> <div>WRITE DOWN TWO THINGS YOU ARE GRATEFUL FOR THAT MONEY CANNOT BUY.</div>	<div>19</div> <div>RESEARCH A DANCE FROM AN ASIAN/PACIFIC ISLAND CULTURE. PRACTICE IT AND SHOW IT TO A FRIEND.</div>
<div>22</div> <div>BREATHE COUNTING SLOWLY UNTIL 10. THEN COLLECT YOUR THOUGHTS AND WRITE HOW YOU FEEL THIS MORNING.</div>	<div>23</div> <div>WRITE ABOUT A TIME A FAMILY MEMBER DID SOMETHING THAT HURT YOU. HOW DID YOU FEEL AND HOW DID YOU REACT?  HOW COULD YOU HAVE REACTED DIFFERENTLY.</div>	<div>24</div> <div>WHAT WAS THE MOST CHALLENGING THING YOU WENT THROUGH THIS MONTH?  WRITE DOWN THE STRATEGIES YOU USED TO OVERCOME THE CHALLENGE.</div>	<div>25</div> <div>LIST 5 THINGS YOU ARE GRATEFUL FOR TODAY.</div>	<div>26</div> <div>RESEARCH AN ASIAN -AMERICAN/PACIFIC ISLANDER CULTURE THAT YOU WOULD LIKE TO LEARN MORE ABOUT.</div>
<div>29</div> <div>SCHOOL CLOSED Memorial Day</div>	<div>30</div> <div>WOULD YOU RATHER WIN A MILLION DOLLARS OR HAVE A MAGIC GENIE THAT GRANTS YOU 3 WISHES?</div>	<div>31</div> <div>WHAT ARE TWO WAYS THAT YOU COULD MAKE SOMEONE FEEL BETTER? WRITE ABOUT IT IN YOUR JOURNAL.</div>	<div>1</div> <div>WHAT ARE YOU MOST GRATEFUL FOR THIS SCHOOL YEAR?</div>	<div>2</div> <div>DRAW A COMIC STRIP WITH YOUR FAVORITE MOMENTS FROM THIS SCHOOL YEAR.</div>