

## November 2022

	MINDFUL MONDAY	Tell me Tuesday	We got this Wednesday	Thankful Thursday	Fun Friday	
	31 Today be mindful of all the people who <b>TREAT</b> you well! Be sure to give your thanks!	1 Have you made a mistake recently? What have you learned from the event?	2 Create a list of the things you want to accomplish this month. Number them in order of importance.	3 Write about two people who love you. Keep them in your thoughts during challenging times.	4 Create a meme with something funny that happened to you.	
	7 Take a moment to write down everything you feel. Draw an emoji or two in your Journal.	8 Have you witnessed another student bullying someone? What did you do? Where you an upstander or a bystander? What could you have done differently?	9 Create a mantra to get you going when the going gets tough!	10 School closed	11 School closed	
	14 Close your eyes and imagine a place that makes you happy. Write down what you are feeling after this mindfulness exercise.	15 What are the characteristics of a good friend?  Are you a good friend?	16 Draw picture of yourself and list your best qualities.	17 Tell 3 reasons why you are thankful for your education.	18 Draw picture of your family.	
	21 Breathe In and Out while slowly counting to 10. Sketch an image of what makes you feel calm.	22 What are the characteristics of a good student? Are you the best student you could be?	23 Tell what you are thankful for this year.	24 School closed	25 School closed	
	28 Tell what made you happiest over the weekend. What did you appreciate the most?	29 If you could do anything in the world what would you do?	30 Create 3 new affirmations in your journal.	1 What are you most thankful for in the month of December? Explain.	2 What is one thing you could do today to make your family happier? Make a plan to do it.	