

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> 	<p>20</p> <p><b><u>Practice Personal Hygiene:</u></b></p> <p>Remember to sing the ABC song while you are washing your hands!</p> <p>Remember no touching your face! Drink plenty of water!</p> <p>Eat healthy snacks!</p> <p>Exercise daily!</p> <p>Practice social distancing!</p> <p>Stay positive! Complete the activities on the Social Emotional Calendar!</p> <p><b><u>Wellness activity:</u></b></p> <p>Go for a walk around your yard- Connect with nature- Count the number of birds and flowers that you see! Enjoy the outdoors as much as possible!</p>	<p>21</p> <p><b><u>Practice Social Hygiene:</u></b></p> <p>During this difficult time, <u>Staying Calm</u> is important. <u>Breathe</u>; Count to 10 and exhale. Continue looking for the heroes in your family and neighborhood! These are the people that will keep you safe and help you through this crisis!</p> <p><b><u>Wellness activity:</u></b></p> <p>Spell out your name with your body!</p> <p>Stretching before exercising is important!</p>	<p>22</p> <p><b><u>Earth Day</u></b></p> <p>What does Earth Day Mean? Use recyclable materials to design, draw and build a creature. Read a book about the earth, animals or recycling.</p> <p><b><u>Wellness activity:</u></b></p> <p>Hold your arms straight out to the sides; Rotate them forward 10 times Rest: Rotate your arms backward 10 times</p>	<p>23</p> <p><b><u>Growth Mindset</u></b></p> <p>Write down a mistake that you made one day on a piece of paper. Next, crumple the paper into a ball and threw it at the wall showing the same feeling that you had when you made the mistake. In 5 minutes, pick up the paper and open it. As you look at the mistake again realize that everyone makes mistakes, no matter who they are and how hard they try.</p> <p><b><u>Wellness activity:</u></b></p> <p>Color the attached <u>Growth Mindset</u> bookmarks and give them to your family.</p>	<p>24</p> <p><b><u>Growth Mindset</u></b></p> <p>Write down a list of negative or limiting statements we can sometimes make about ourselves, Ex. I am not good enough, I don't believe in myself, I'm not smart enough to do that.</p> <p>I'm too _____.</p> <p>Next change these statements into a positive by changing the language you are using. Ex. I am good enough.</p> <p><b><u>Wellness activity:</u></b></p> <p>Sit Quietly Identify 3 things you can feel, 2 things that you can taste and one fun thing you want to do today.</p>	<p>25</p> <p><b><u>Quote:</u></b></p> <p><i>Having a growth mindset challenges us to rise above negativity and limitations.</i></p>

April 26	27	28	29	30	May 1	May 2
<p><b><u>Growth Mindset activities:</u></b></p> <p><i>Each day repeat each statement 2 times. Continue this practice every day!</i></p>	<p><b>It's okay to make mistakes!</b></p> <p><b>I work hard!</b></p> <p><b><u>Wellness activity:</u></b></p> <p>Spend some time watching a show or movie. At any given time, pause and discuss how the characters are feeling. You might ask: "How are they feeling?" and "How would you feel if that happened to you?"</p>	<p><b>When I struggle, I grow!</b></p> <p><b>I am a creative person!</b></p> <p><b><u>Wellness activity:</u></b></p> <p>Start a gratitude jar. Each day write down something you are grateful for and put it in the jar/container. Whenever you are feeling down or worried about something take a slip from the jar and read it to help you remember the good things in your life.</p>	<p><b>I get smarter when I practice!</b></p> <p><b>I am always focused!</b></p> <p><b><u>Wellness activity:</u></b></p> <p>Play a board or card game with someone – or make up a board or card game.</p>	<p><b>I embrace new challenges!</b></p> <p><b>I care about others!</b></p> <p><b><u>Wellness activity:</u></b></p> <p>Find items in your home or yard to make faces – happy, sad, scared, or angry. Make the faces and see if someone in your family can guess which emotion your face is showing.</p>	<p><b>I can do hard things!</b></p> <p><b>I enjoy learning and discovering new things!</b></p> <p><b><u>Wellness activity:</u></b></p> <p>Interview a parent or sibling about anything from their favorite foods and activities to what three items they might bring on a deserted island with them. Pretend it is a celebrity interview that you might read about or see on television.</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	<p><b>Kindness:</b> Be Kind to your family: Remember Kindness Matters- Draw a picture that shows how you have been kind to others in your family?</p> <p><b>Wellness activity:</b> : Write down or discuss five great things that happened today or yesterday. Share your list with a family member or friend.</p>	<p>Do a chore at home without anyone asking. Parents and guardians are very busy helping keep our families safe; therefore, helping with a chore would make the family very proud.</p> <p><b>Wellness activity:</b>  Nature Art: Create a picture from items found in nature, leaves, sticks, feathers, flowers. Share your picture with a family member. Talk about the meaning of the picture and the items that you included from nature.</p>	<p>Give someone a compliment. Compliments help others feel valued and gives you the chance to boost others self-worth. It will make them feel better.</p> <p><b>Wellness activity:</b>  Create a collage using cut outs from magazines or newspapers. Create an inspiring collage or one dedicated to kindness matters or to all the frontline community helpers.</p>	<p>Pick up litter in your yard or neighborhood. Remember Charles City County is your home. Be kind to the environment.</p> <p><b>Wellness activity:</b>  Draw a picture or write about your favorite place in the whole world. Think about places you learned about in school or places that you have visited. What places did you discuss?</p>	<p>Send a card or letter to a family friend that may live away or a service member. Everyone needs support or cheering up during this difficult time.</p> <p><b>Wellness activity:</b>  Close your eyes and breathe deeply. Visualize your favorite place. See the colors, hear the sounds, feel the warmth.</p>	

<p>May 10</p>	<p style="text-align: right;">11</p> <p>Help set the table for dinner. Bringing the family together at dinner time is a great way to build positive relationships.</p> <p><b><u>Wellness activity:</u></b></p> <p>Lay still and listen to the sounds of nature for 5 minutes. What sounds did you hear? How did these sounds make you feel?</p>	<p style="text-align: right;">12</p> <p>Write a poem about kindness. Give the poem to a family member or friend.</p> <p><b><u>Wellness activity:</u></b></p> <p>Extend your arms up and out to your sides, shoulder height and reach wide with your hands. Slowly circle your arms up and over your head as you breathe in.</p>	<p style="text-align: right;">13</p> <p>Make a homemade gift for a family member or friend.</p> <p>A gift you created and made with kindness and love will cheer a friend or family member.</p> <p><b><u>Wellness activity:</u></b></p> <p>(10 times) Hold your arms straight out to the sides. Make arm circles forward, Then make circles backward.</p>	<p style="text-align: right;">14</p> <p>Give a family member or neighbor a flower or draw a picture of a bouquet of flowers. Flowers bring smiles and happiness.</p> <p><b><u>Wellness activity:</u></b></p> <p>Pick a feeling and then draw the way that your body reacts when you feel that way. (Happy, Sad, Confused, Scared, Angry)</p>	<p style="text-align: right;">15</p> <p>Let someone else go first! When playing a game or reading a book, let your sibling or friend go first! Remember Kindness Matters!</p> <p><b><u>Wellness activity:</u></b></p> <p>Have an Indoor Picnic or Tea Party. Spread a blanket out on the floor and host your family.</p>	<p style="text-align: right;">16</p> 
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May 17

18

Smile at someone! This is a great way to cheer up family members and friends!

**Wellness activity:**

Interview a parent or guardian about random acts of kindness that they have done for friends or family. Draw a picture that shows their kind acts. Write a paper about what they have done to show kindness to others.

19

Say to a family member:  
"I Love You" Our family knows we love them but hearing those words from you matters!

**Wellness activity:**

Spend time watching a show or movie. At any time pause the movie and discuss how the characters are feeling. How would you feel if that happened to you?  
Use this conversatigons to build on how others feel, discuss kindness and positive relationships.

20

Leave a thank you note for a family member that helps you with in home learning activities! It would make them feel great to know that you appreciate them!

**Wellness activity:**

**Scavenger Hunt**  
Find something that makes a crunchy sound.  
Find something that smells good.  
Find something that is soft.  
Find something that is white.  
Find something that is smooth.  
Draw a picture of what you found and share it with your family.

21

Color a picture for someone! Creating a unique piece of art would also be an act of kindness and put a smile on a family member or friend's face.

**Wellness activity:**

**Rainbow Scavenger Hunt**  
Rainbows are signs of thank you, hope and coming together.  
Find something red.  
Find something yellow  
Find something blue.  
Find something green.  
Find something purple.  
Find something orange.  
Draw a picture of the colors you found in the rainbow. Place your rainbow in the window showing your thanks and solidarity.

22

Remember to use your manners! Say "please, thank you, you are welcome, and may I please". Using manners shows that we respect others and helps us to gain respect

**Wellness activity:**

**Book Scavenger Hunt:**  
Find a picture of an animal in a book.  
Find the word spring in a book.  
Find someone doing a kind act in a book.  
Find a book that makes you laugh.  
Find a superhero in a book.  
Find a character eating in a book.  
Find a picture of a cat in a book.  
  
How many were you able to find? Share your number with a family member or friend.

23

**Always  
Be Kind**

**Be the  
"I"  
in Kind**

Make a card or write a letter to your teacher. Your teachers miss you and they would like to hear what you have been doing. Please share in your letter how you have practiced your kindness skills. Remember to Be the "I" in KIND!

**Wellness activity:**

Find items in your home or yard to make faces that look happy, sad, scared, or angry and see if someone in your family can guess which emotion your face is showing.

Do a good deed for a family member or neighbor. Good deeds will help you feel better about yourself and boost your self-esteem

**Wellness activity:**

Listen to music and draw while you are listening. How does the music make you feel? What kind acts or images does the music make you think of?

**Unicorn Yoga**  
\*5 fun unicorn yoga poses for kids\*

1. Shine like the **SUN**.

2. Pretend to be a **UNICORN**.

3. Flutter like a **BUTTERFLY**.

4. Blossom like a **FLOWER**.

5. Create a **RAINBOW**.

KIDS YOGA STORIES

Write a letter or card and give to someone just because..... Random acts of kindness make others feel needed and supported. Remember no one must tell you to practice your kindness skills.

**Wellness activity:**

Collect the items listed below:

- 5 leaves that look different
- A stick that is longer than your hand
- A flower
- A flat rock
- A rock that has a spot on it.
- An item smaller than your thumb.
- A piece of trash that you can recycle.
- Something that is brown
- Something that is heavy
- Something that is light.

Were you able to find all your items?  
Draw a picture and label you collection.

Donate an unwanted toy or game to someone in need. Helping and supporting others is a great way to show kindness matters!

**Wellness activity:**

Yoga for Kids!

**GARDEN YOGA FOR KIDS**

Pretend to be a **tree**  
Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.

Pretend to be a **frog**  
Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.

Pretend to be a **seed**  
Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a **butterfly**  
Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

Pretend to be a **flower**  
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

printable yoga poster

Tell your parents, grandparents, or family members how much you appreciate them. Tell them how much you appreciate all the things they are doing to make you successful!

**Wellness activity:**

What kind acts are people performing to help others? Remember, "Kindness is a superpower!"

**Kindness is Contagious!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">1</p> <p><b>Note to Parents:</b></p> <p>The power of positive statements will help with the effort that you are putting forth to help your students be successful citizens.</p> <p>Parents. Praise your child for: Effort Strategies Hard Work Persistence</p> <p>Rising to the Challenge Learning from their mistakes</p>	<p style="text-align: right;">2</p> <p><b>I get better every single day!</b></p> <p><b>Wellness activity:</b> Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often and believe in them, you can start to make positive changes. Self- affirmations can also reduce stress.</p> <p>Start a journal to record positive thoughts. Title: <i>My Positive Thoughts and Affirmations</i></p> <p>Try to record at least 10 positive thoughts!</p>	<p style="text-align: right;">3</p> <p><b>I am an amazing person!</b></p> <p><b>Wellness activity:</b> Complete these sentences: I'll succeed if I _____. No matter what happens I'll _____. I may not be perfect but _____.</p>	<p style="text-align: right;">4</p> <p><b>I choose my own attitude!</b></p> <p><b>Wellness activity:</b> Record these statements in your journal. Repeat them each day. I am perfect just the way that I am. There is no one in the world quite like me. I keep my body healthy. I am a great kid. I am a great student. I reach for the stars.</p>	<p style="text-align: right;">5</p> <p><b>Today I am a leader!</b></p> <p><b>Wellness activity:</b> How to write your own positive affirmations. 1. Start with the words I am 2. State it in the positive 3. Make it specific 4. Include an action word ending with -ing 5. Make it specific 6. Include at least one dynamic emotion or feeling. Examples. I know I can accomplish anything I set my mind to do.</p>	<p style="text-align: right;">6</p> <p><b>There is no one better to be than myself!</b></p> <p><b>Wellness activity:</b> This is an activity that you can work on all summer. Create an affirmation board. Grab a poster board, sheet of paper or small canvas board. Draw or find pictures that describe your values, things that you want to achieve, and or pictures of who you want to become. Include positive things that you believe about yourself, your goals and things that you can't do yet but want to learn.</p>	<p style="text-align: right;">6</p> <p><b>Have a safe and happy summer!</b></p>  <p><b>IT'S SUMMER!</b></p>



