







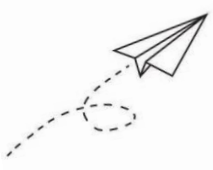




Bill Sybert Wellness Calendar

Mindful Monday	Grati-Tuesday	Wellness Wednesday	Thoughtful Thursday	Freedom Friday
March 23, 2020	March 24, 2020	March 25, 2020	March 26, 2020	March 27, 2020
<p>Dear Jaguar Students and Parents,</p> <p>Thank you for your patience and understanding as we navigate through our Remote Learning Academy. We miss you and we are thinking of you every day! While we are not physically seeing you at school, we still want to help you learn and grow! Let us know if you need anything!</p> <p>Love, Your PDN School Counselors</p>	<p>Being grateful can improve psychological health. Today, draw 5 things that you are thankful for and write a caption for each of your drawings.</p> 	<p>Emotional wellness is just as important as physical wellness. Play is a natural stress reliever for kids. Today, play a game with a sibling or do a puzzle on your own! If you don't have a puzzle, make one!</p> 	<p>Spreading kindness is beneficial to you and to the people you are spreading kindness to. Today, leave happy notes around your house to make your family members' day extra special!</p> 	<p>Today is #FreedomFriday! Be free from worry, anxiety, and stress by creating a journal where you can write about what you are feeling each day that we are apart.</p> 
March 30, 2020	March 31, 2020	April 1, 2020	April 2, 2020	April 3, 2020
<p>Being mindful means that you slow down to really notice what you are doing, thinking, and feeling. Today, practice mindfulness with Rainbow Breathing from GoNoodle!</p> <p>https://safeYouTube.net/w/PXQ2</p> 	<p>Create a "Thankful Window" using window markers or regular markers on paper! Make your gratitude visible to everyone who passes!</p> 	<p>Play Movement Dice outside in your backyard! On index cards, write down 10 different exercises such as push-ups, sit-ups, jumping jacks, etc. Randomly pick a card. Using dice, roll a number. That's the number of exercises you'll need to do!</p> 	<p>Share a picture of something or someone you love on Twitter! Make sure you use #ThoughtfulThursday and tag @PDN_K8 so our Jaguar family can feel the love!</p> 	<p>If you are feeling anxious or worried about anything, write it down on a sheet of paper. Fold that sheet of paper into an airplane and throw those worries away! Dance to your favorite song and go about your day!</p> 
<p>Remember, your School Counselors are here for you! Please refer to our webpage for more resources and contact information for your assigned counselor!</p>				