



WELLNESS WEEK 2024

MARION STREET ELEMENTARY JUNE 3-7, 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	IN-SCHOOL ACTIVITIES:
<p>MINDFUL MONDAY</p> <p>MINDFULNESS PRACTICE IN CLASS</p> <p>4TH AND 5TH GRADES: RIDE YOUR BIKE TO SCHOOL TODAY!</p> 	<p>TRY A NEW FOOD TUESDAY</p> <p>WEAR SOMETHING WITH A POSITIVE MESSAGE!</p> <p>YOGA FOR KIDS *BRING A MAT OR BEACH TOWEL</p>	<p>MEDITATION WEDNESDAY</p> <p>MORNING GUIDED MEDITATION</p> <p>YOGA FOR KIDS *BRING A MAT OR BEACH TOWEL</p>	<p>THANKFUL THURSDAY</p> <p>WEAR SOMETHING THAT MAKES YOU SMILE</p> <p>DRAW MESSAGES OF GRATITUDE AND POSITIVITY WITH CHALK OUTSIDE!</p>	<p>FUN FRIDAY</p> <p>WEAR NEON!</p>	<p>TUESDAY AND WEDNESDAY: BRING A YOGA MAT OR BEACH TOWEL AND WEAR COMFY CLOTHES FOR YOGA IN SCHOOL</p>
<p>BAYA BAR EVENT AND FUNDRAISER MON-FRI *FLYER ATTACHED</p>	<p>TRY A NEW HEALTHY FOOD AT HOME!</p>	<p>PRACTICE 5 MIN OF MEDITATION WITH YOUR FAMILY</p>	<p>PRACTICE POSITIVITY: DO A GOOD DEED OR SAY SOMETHING NICE TO SOMEONE</p>	<p>DO SOMETHING THAT MAKES YOU SMILE!</p>	<p>AT HOME/EVENING ACTIVITIES:</p> 
<p>"TAKE A DEEP BREATH IN, RELEASE AND FIND INNER PEACE"</p>	<p>"NEVER GIVE UP ON WHAT YOU WANT TO REALLY DO, THE PERSON WITH THE BIG DREAMS IS MORE POWERFUL THAN THE ONE WITH ALL THE FACTS"</p>	<p>"ALWAYS BE YOURSELF AND BELIEVE IN YOU"</p>	<p>"POSITIVE ENERGY ATTRACTS POSITIVITY"</p>	<p>"EVERYTHING YOU CAN IMAGINE IS REAL"</p>	<p>QUOTE OF THE DAY</p>