

Mustang Wellness Challenge

March 2020

These are social emotional learning activities that can be done at home during school closure. Take care of yourselves, Mustangs! We'll see you soon.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18 Practice taking 3 deep breaths every hour.	19 Create a list of all emotions that you can think of.	20 Get outside! Take a walk or play a game with someone at home.
23 Play Emotions Charades Can you family guess how you're feeling?	24 Mindful Minute! Practice being silent and reflect on your emotions.	25 Random Act of Kindness! What can you do to help someone today?	26 Write a letter to a friend. Tell them about your day.	27 Create a VISON for next week's school work at home.
30 What do you want to do when you grow up? Tell someone!	31 MYSTERY PICTURE CLOSE YOUR EYES AND DRAW A PICTURE. DOES IT LOOK LIKE YOU IMAGINED?			