

NCCS Elementary Activities Calendar

March 23	March 24	March 25	March 26	March 27
MINDFUL MONDAY	THANKFUL TUESDAY	INSIDE OUT WEDNESDAY	THINK ABOUT A FRIEND THURSDAY	TEACH YOUR FAMILY FRIDAY
<p>Start each day with a positive affirmation; tell yourself something positive and believe it!</p> <p>I am smart, amazing, and powerful.</p> <p>I don't need to worry. I can try again.</p> <p>I can do more than I believe.</p> <p>My dreams will come true.</p> <p>I am enough!</p>	<p>How lucky are you?</p> <p>Draw, list or write about at least 3 things you are grateful for!</p> <p>Share your list with your family. Have someone take a picture and email it to:</p> <p>RP: Ms. O'Connell woconnell@nccscougar.org</p> <p>Mooers: Mrs. Fleury efleury@nccscougar.org</p>	<p>Watch the movie INSIDE OUT with your family.</p> <p>Pause anytime you see a character go into a familiar feeling you carry day to day and share your personal experience with the emotion.</p>	<p>Write a note/letter or draw a picture for a friend and have a grown up help you mail it....let that person know why they are a good friend!</p>	<p>Teach your family about what expected behaviors PAWSitive COUGARS use at school.</p> <p>What can you do to be: SAFE, RESPECTFUL, COOPERATIVE & RESPONSIBLE at home ?</p> <p>Make your own family behavior expectations chart and post it on the fridge to follow!</p>
_____ Done	_____ Done	_____ Done	_____ Done	_____ Done
March 30	March 31	April 1	April 2	April 3
THREE BEFORE ME MONDAY	TECH-FREE TUESDAY	WANNABE WEDNESDAY	THURSTE (THURSDAY + NAMASTE)	TEACH YOUR FAMILY FRIDAY
<p>Think of 3 things you can do to help someone in your home today!</p> <p>Clean your room, Put away laundry, Play with a sibling...</p>	<p>Try to only use technology for school.</p> <p>Challenge your family to some old fashioned fun; card games, board games, races, etc.</p>	<p>What do you want to be when you grow up? Draw a picture of you doing that job. Ask a grown up about their job; What did they want to do at your age?</p>	<p>Try some YOGA! All you need is a spot on the ground and a device to play yoga videos.</p>	<p>Teach your family some calming breathing techniques you have learned.</p> <p>Take 5 Finger Breaths 5,4,3,2,1, Senses</p>
_____ Done	_____ Done	_____ Done	_____ Done	_____ Done

- We encourage you and your family to try any or all of these daily activities to promote Social Emotional Learning within your family household. Feel free to send your completed tasks to the School Counselor if you would like us to share your experience on our school website. woconnell@nccscougar.org or efleuy@nccscougar.org