

WEEKLY Key activities for learning & maintaining wellness at home.

Schedule



MONDAY

Mindfulness

- Morning Intentions

- Mindful Breathing

- Micro Self Care Moment

- Grateful for

Activity

- Kindness connection with loved one

- Physical movement activity for 15-30 minutes

Homework

- Daily Homework
- Google Classroom
- Read for 15-30 minutes

TUESDAY

Mindfulness

- Morning Intentions

- Mindful Breathing

- Micro Self Care Moment

- Grateful for

Activity

- Kindness connection with loved one

- Physical movement activity for 15-30 minutes

Homework

- Daily Homework
- Google Classroom
- Read for 15-30 minutes

WEDNESDAY

Mindfulness

- Morning Intentions

- Mindful Breathing

- Micro Self Care Moment

- Grateful for

Activity

- Kindness connection with loved one

- Physical movement activity for 15-30 minutes

Homework

- Daily Homework
- Google Classroom
- Read for 15-30 minutes

THURSDAY

Mindfulness

- Morning Intentions

- Mindful Breathing

- Micro Self Care Moment

- Grateful for

Activity

- Kindness connection with loved one

- Physical movement activity for 15-30 minutes

Homework

- Daily Homework
- Google Classroom
- Read for 15-30 minutes

FRIDAY

Mindfulness

- Morning Intentions

- Mindful Breathing

- Micro Self Care Moment

- Grateful for

Activity

- Kindness connection with loved one

- Physical movement activity for 15-30 minutes

Homework

- Daily Homework
- Google Classroom
- Read for 15-30 minutes

MINDFUL

MOMENTS

- Dragon Breathing
- Bumblebee Breathing
- Mountain Breathing
- Figure 8 Breathing
- Elephant Breathing
- Rainbow Breathing
- Lava Breathing
- Shoulder Roll Breathing
- Bunny Breathing
- 5, 4, 3, 2, 1 Grounding Technique
- Lemon Squeeze Contest Grounding Technique
- Butterfly Body Scan
- Slow, deep, focused Breathing
- Square Breathing
- Spaghetti Noodle Progressive Muscle Relaxation
- Mindful walk outdoors
- Mindful hearing, seeing, movement, eating,
- Imagine/visualize your favourite place
- Pinwheel Breathing
- Sing the alphabet slowly
- Take a cool drink of water
- Count as high as you can
- Squeeze my fists.

SELF CARE

MOMENTS

- Listen to your favorite calming music or songs
- Drink a full glass of water
- Make yourself a warm tea or hot cocoa
- Get some fresh air and sunshine
- Work on a puzzle/ crossword
- Look at photos of people you love
- Journal
- De-clutter/tidy a space
- Have a bath or shower
- Try a healthy recipe
- Unplug from screens for awhile
- Do something that makes you laugh
- Stretch and move
- Take a nap
- Smell your favorite scent
- Watch the sunrise/sunset
- Get 8 hours of sleep
- Do some mindful coloring
- Meditate/pray
- Read a book
- Exercise/ move around
- Count your blessings
- Share my feelings with someone I trust

MORNING

INTENTIONS

- Today I choose joy, over all else.
- Be kind to yourself.
- I will acknowledge my strengths.
- I will seek peace, and enjoy the simple moments.
- I will forgive, and not bear grudges.
- I will seek truth in every situation.
- I will live less out of habit, and more with intention.
- I will forgive myself for yesterday's mistakes. Today is a new day.
- I will notice the beauty in today.
- I will not live in the past or the future. I will be present in the moment.
- I will connect with those I love today.
- I will focus on the what I can control, not what I can't.
- I will be the calm in the chaos for others.
- I will try something new and be courageous.
- I will show and tell someone how much they mean to me.
- I will look at mistakes and learning opportunities.