








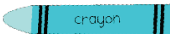





















Let's Celebrate Being Mindful in May! Take time to focus on your mental health and well-being. Being mindful and getting in touch with your feelings helps with your self-control and compassion, gives you the ability to resolve conflict, and can decrease stress, anxiety and depression. Every day take a mindful minute to think about how you are feeling. Most of all, be kind to yourself and others and always Choose Love.

MAY 2022



SUN	MON	TUE	WED	THU	FRI	SAT
1 IT'S GONNA BE MAY! BE N'SYNC WITH YOUR FEELINGS. 	2 BE KIND TO YOUR TEACHERS. HOW CAN YOU MAKE THEIR DAY SPECIAL?	3 TEACHER APPRECIATION DAY! WRITE A THANK YOU NOTE. 	4 MAY THE FOURTH BE WITH YOU. USE YOUR MIND POWER TO CREATE A POSITIVE THOUGHT. 	5 YOU ARE AWESOME! MAKE POSITIVE AFFIRMATION PAPER BALLOONS.	6 IT'S SCHOOL LUNCH HERO DAY. THANK YOUR LUNCH LADIES AND GENTLEMEN. 	7 GO OUT FOR A WALK AND TRY TO FIND A RED, YELLOW AND PURPLE FLOWER. 
8 MOTHER'S DAY. MAKE YOUR MOM A SPECIAL TREAT. 	9 MINDFUL MONDAY. BE MINDFUL OF HOW YOU ARE FEELING.	10 BE MINDFUL OF YOUR HEART. COUNT HOW MANY TIMES IT BEATS IN A MINUTE. 	11 SLOWLY TAKE A DEEP BREATH IN AND SAY, 'I AM LOVE'. BREATH OUT SLOWLY AND SAY, 'I AM CALM'. 	12 BE MINDFUL OF THINGS YOU LIKE ABOUT YOURSELF AND THE WAY YOU LOOK. 	13 BE MINDFUL WITH ART. COLORING IS A CALMING ACTIVITY THAT CAN TEACH YOU TO FOCUS. 	14 FIND A QUIET PLACE TO SIT AND READ. 
15 DO SOME STAR-GAZING. FIND THE BIG DIPPER AND THE NORTH STAR. 	16 WHAT ARE 5 THINGS YOU CAN SEE? A CLOCK, A PICTURE, THE SKY... 	17 WHAT ARE 4 THINGS YOU CAN FEEL? A BOOK, CLOTHING, YOUR HAIR... 	18 WHAT ARE 3 THINGS YOU CAN HEAR? PEOPLE TALKING, MUSIC, BIRDS... 	19 WHAT ARE 2 THINGS YOU CAN SMELL? A PENCIL, HAND LOTION, FRESH AIR... 	20 WHAT IS 1 THING YOU CAN TASTE? TOOTHPASTE, LUNCH FOOD... 	21 IT'S WORLD BAKING DAY - ENGAGE ALL YOUR SENSES BY BAKING A SPECIAL RECIPE. 
GROUNDING MEDITATION - TAKE A MINUTE TO DO THESE FIVE THINGS EACH DAY.						
22 DRAW WITH SIDEWALK CHALK AND PLAY HOPSCOTCH. 	23 TRY THE KARATE CHOP TAP. TAP FOUR FINGERS ON THE OUTER EDGE OF YOUR OTHER HAND. 	24 TAP YOUR FINGERS IN THE MIDDLE OF YOUR EYEBROW. 	25 TAP UNDER YOUR EYE. 	26 TAP YOUR COLLARBONE. 	27 TAP UNDER YOUR ARM, LIKE HUGGING YOURSELF. 	28 TAPPING SENDS CALMING SIGNALS TO YOUR BRAIN. WHAT ARE OTHER WAYS TO KEEP YOU CALM? 
PRACTICE TAPPING MEDITATION - 'EVEN THOUGH I FEEL (SCARED, WORRIED, SAD), I ACCEPT HOW I FEEL'.						
29 BE KIND TO YOUR BODY AND EAT FRUIT AND VEGETABLES. 	30 MEMORIAL DAY. HONOR THOSE WHO GAVE THEIR LIFE IN THE ARMED FORCES. 	31 CHOOSE LOVE AND NAMASTE (A GREETING THAT SAYS, "I BOW TO YOU"). 				

"Happiness is not something ready made. It comes from your own actions." – Dalai Lama

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