



COURAGE + GRATITUDE + FORGIVENESS + COMPASSION IN-ACTION = THE CHOOSE LOVE FORMULA

choose love™
movement

WE CAN BE MINDFUL of all that's around us.

MAY 2023

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. Take a mindful minute every day to think about how you are feeling. Most of all, be kind to yourself and others and always do your best to Choose Love.

SUN

MON

TUES

WED

THUR

FRI

SAT

	<p>1 It's Gonna Be May! Be N'SYNC with your feelings.</p>	<p>2 Find a quiet place to sit and read.</p> 	<p>3 Be mindful of your heart. Count how many times it beats in a minute.</p>	<p>4 Slowly take a deep breath in and say, 'I am love'. Breathe out slowly and say, 'I am calm'.</p>	<p>5 Be mindful of things you like about yourself.</p>	<p>6 Be mindful with art. Coloring is a calming activity that can help you to focus.</p>
<p>PRACTICE MINDFUL MEDITATION THIS WEEK. BE AWARE OF HOW YOU ARE FEELING.</p>						
<p>7 Go out for a walk and try to find a red, yellow and purple flower.</p> 	<p>8 Be kind to your teachers. How can you make their day special?</p>	<p>9 It's Teacher Appreciation Day! Write a thank you note.</p>	<p>10 Give your teacher a quiet minute of meditation.</p>	<p>11 Make a paper balloon with a special message or design.</p>	<p>12 Teachers are superheroes!</p>	<p>13 Make a positive affirmation poster.</p> 
<p>IT'S TEACHER APPRECIATION WEEK! CELEBRATE YOUR EDUCATORS!</p>						
<p>14 It's Mother's Day. Make your mom—or anyone who takes care of you—something special.</p>	<p>15 What are 5 things you can see?</p> 	<p>16 What are 4 things you can feel?</p> 	<p>17 What are 3 things you can hear?</p> 	<p>18 What are 2 things you can smell?</p> 	<p>19 What is 1 thing you can taste?</p> 	<p>20 Do some star-gazing. Find the Big Dipper and the North Star.</p> 
<p>PRACTICE GROUNDING MEDITATION. TAKE A FEW MOMENTS TO IDENTIFY THESE 5 THINGS EVERY DAY.</p>						
<p>21 It's World Baking Day. Engage all your senses by baking a special recipe.</p>	<p>22 Try the karate chop tap. Tap four fingers on the outer edge of your other hand.</p> 	<p>23 Tap your fingers in the middle of your eyebrow.</p> 	<p>24 Tap under your eye.</p> 	<p>25 Tap your collarbone.</p> 	<p>26 Tap under your arm, like hugging yourself.</p> 	<p>27 Tapping sends calming signals to your brain. What are other ways to keep you calm?</p>
<p>PRACTICE TAPPING MEDITATION. SAY "EVEN THOUGH I FEEL (ANXIOUS, SCARED, STRESSED) I ACCEPT HOW I FEEL."</p>						
<p>28 Draw with sidewalk chalk and play hopscotch.</p> 	<p>29 Memorial Day. Honor those who gave their life in the Armed Forces.</p> 	<p>30 Be kind to your body by eating fruits and vegetables.</p> 	<p>31 Honor someone. Bow and say "Namaste."</p>			