

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

Let's HAVE A LOT OF FUN all month long!

# JUNE 2023

Let's celebrate Jesse's birthday! On every "HAVE A LOT OF FUN" day, try something new for fun. Practice a 'Try Not To Laugh' challenge, make up your own game, find a new way to play with an old toy. Remember the Choose Love formula as you enjoy the end of school and jump into a sensational summer. Be courageous and thankful, forgiving and kind.

choose love™  
movement



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						1 <i>Have a lot of fun</i>		2 Fearless Friday. Be courageous and try something new.		3 Create a Choose Love kite decorated with your favorite summer fun activity!	
4 Have outdoor fun today. Fly a kite, ride your bike or play ball.		5 It's World Environment Day. There's only one Earth. Help take care of it.		6 Make kindness your superpower.		7 Have a mini dance party.		8 Say a self-affirmation every day like, "I am kind. I am caring. I am amazing."		9 Read a graphic novel, comic book or anything that is fun for you.	
10 Take a ride on your bike or go for a run.		11 Enjoy life and stay positive.		12 Mindful Monday. Take a mindful minute.		13 What are you grateful for today?		14 It's Flag Day! Create a Choose Love flag and proudly wave it around.		15 Play a game of Mission Impossible.	
16 Be adventurous and try a new fun food.		17 Play a game of hopscotch.		18 It's Father's Day! Give your dad or someone who takes care of you a hug.		19 Juneteenth. Do some star-gazing. Look for the Big Dipper and Little Dipper.		20 Make a paper bag puppet.		21 Celebrate Summer Solstice. It's the longest day of the year.	
22 Do a silly dance like the Mashed Potato, the Twist or the Chicken Dance.		23 Make a Choose Love poster!		24 Send a postcard from your hometown to a friend or relative.		25 Start a summer keepsake box of places you visit or things you do.		26 Make a summer themed music playlist and dance.		27 Draw a picture replacing shapes as hearts like a dog with heart eyes.	
28 Take a walk and take in the sights, sounds and smells.		29 *Riddle: What kind of dog likes summer?  *Answer: A hotdog.		30 HAPPY BIRTHDAY JESSE!							

"Remember, you're the one who can fill the world with sunshine." –Snow White