



# WEEKLY HEALTH + WELLNESS ACTIVITIES

June 1-5

## Mindful MONDAY

Print and complete the flower template. Identify your strengths in the flower, people who support you in the roots and things that boost you up in the rain.

[Click here for the template](#)

## Tasty TUESDAY

Make these easy yummy tortilla hot dog wraps

[Click here for recipe](#)

## Wiggly WEDNESDAY

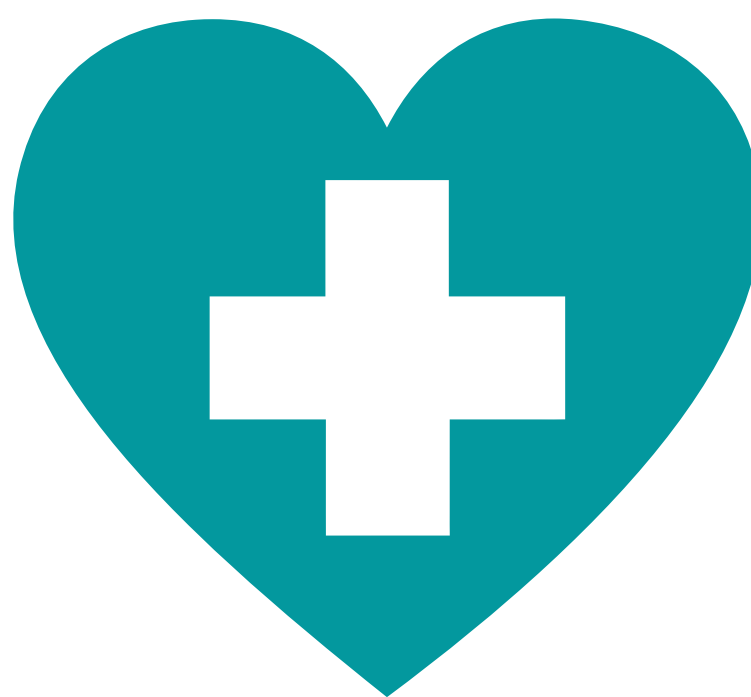
Go for a walk and list 3 things that you can see that you are grateful for during your walk. Examples can be the sun, clouds, fresh air, mountains, flowers or rain.

## Thoughtful THURSDAY

Identify some thoughts that make you feel nervous that you need to let go. Write down your ideas using the template below.

[Click here for example](#)

[Click here to make your own!](#)



MRS. LEWIS  
MRS. CAMPBELL

## Fun FRIDAY

Grab your sidewalk chalk and write a positive message for someone else to see to help boost their self-esteem and to make you feel good too for spreading positivity!

## GOAL OF THE WEEK:

Build self-esteem and respect towards oneself and others.