



Mental Wellness MOMENT

Each week you will receive five (5) Social & Emotional Learning (SEL) tools to add to your morning announcements.

Simply cut & paste into your school's template. Together we are better!

MONDAY (05/23/22):

Clock Breathing is a simple exercise to use when you need to quickly regulate yourself. Imagine a clock face & count in 15 second increments. Inhale for 15 seconds, exhale for 15 seconds, inhale for 15 seconds, & exhale for 15 seconds. Repeat as often as you need to.

TUESDAY (05/24/22):

Today's Good Word is: **EFFERVESCENT**.

Being effervescent means to have a bubbly or enthusiastic personality. A person with an effervescent personality is full of enjoyment and enthusiasm. Do you know someone who is effervescent?

WEDNESDAY (05/25/22):

Next time you're outdoors, you can easily ground yourself by allowing the bottoms of your bare feet, palms of your hands, or entire body to touch the Earth. Sit with your back against a tree trunk, walk through the grass, lay on the sand, wade in a lake, or go for a quick dip. These are all easy ways to reconnect to Earth naturally and create a moment for mindfulness. (firefly.health)

THURSDAY (05/26/22):

"Reward yourself for a job well done & watch your motivation soar! On Sundays, make a list of what you need to accomplish during the week along with a list of how you will reward yourself if you accomplish them all. Check in with yourself mid-week to see how you are doing. Remind yourself of the reward you will receive & keep yourself motivated. Set new goals & rewards each week.

FRIDAY (05/27/22):

Sunday is **Put a Pillow on Your Fridge Day!** Put a Pillow on Your Fridge Day is meant to bring you prosperity and good fortune. The name of this day is quite literal, for on this day people are to put a pillow on their fridge for the magic to work.

