

"Keep your face to the sun and you will never see the shadows."
Helen Keller

February

SUN	Mon	Tues	Wed	Thurs	Fri	Sat
				Write 3 things you love about yourself on post-it notes on your mirror	Make a list of 5 things you are grateful for	Go for a walk with a friend or family member
Call someone you love	Tell someone at school or work that they are doing a great job	Laugh as much as you can for 1 minute	Give a compliment to 3 different friends	Ask someone how you can help them	Do 10 minutes of yoga	Clean out closets and donate items to a local charity
Mail a card to a friend or family member	Leave an encouraging note on someone's desk	Go to bed early	Don't forget Valentines for Ms. Denise, Mr. Hung and Mr. Bui	Fill in the blank: I am strong because _____.	Tell a joke or make someone laugh	Hide kind notes in your home for a loved one to find
Talk with someone about 5 of your talents	Look at old pictures of yourself with family and friends	Talk to someone new at school or work	Try something new - food, game, book, etc...	Set a goal and make a plan to reach it	Write a thank you note for someone - just because	Meditate for 3-5 minutes
Read your favorite book to a friend or family member	Play a game with someone that is not electronic	Dance to your favorite song	Reflect on all of the positive things you did this month and tell someone how it made you feel	Keep us in the loop with your positive thoughts and actions! Email photos to Mrs. Ott at kott@st-peters-school.org .		

Year 2018