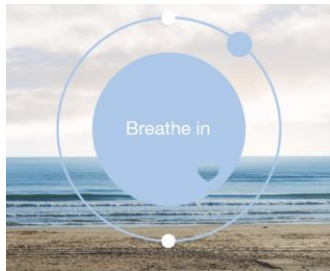


Topic: Appreciating Diversity

Breathe



Breathe in - Breathe out, Think Nothing exercise. Get your daily calm with this meditation breathe bubble with relaxing sea background. Relax and focus when you engage in mindfulness.

[Click Here for the exercise](#)

Learn

Each of us is unique, what makes us unique should be celebrated. How boring would our world be if we were all the same?!

As you watch the video consider your answer to the following questions:

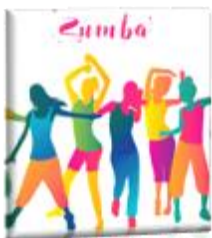
What is the irony that Kayley Yeates speaks about?

What are the benefits of diversity in teams?

[Click here](#)



Move



Time to dance! Call a friend, play this Zumba video, and DANCE. IT. OUT!

[PUSH PLAY!](#)

Grow

Spend 10 minutes journaling:

1. How do different parts of our identities combine to make us the unique people we are?
2. What are the benefits and challenges of living in a diverse society?
3. How can we celebrate what we have in common while also honoring our differences?