


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>How Tacoma families, students, staff, or community partners can use this calendar:</p> <ul style="list-style-type: none"> • Check <input checked="" type="checkbox"/> each day after you complete the activity (save online or print one off!) • Daily reflection - take a moment for yourself to reflect how the activity made you feel. Challenge yourself to write it down in a journal (or even on the back of this paper) or share with a friend! • Share your progress #WholeChildMonth (or email us at TWCI@tacoma.k12.wa.us) to be entered to win! 						
<p>1 <input type="checkbox"/></p> <p>Challenge for today- 5:1 – five positive thoughts <i>about yourself</i> for each negative.</p>	<p>2 <input type="checkbox"/></p> <p>Think about which community partners make a difference for you and your school.</p>	<p>3 <input type="checkbox"/></p> <p>Take 6 deep breaths. Reflect on if that changes how your mind or body feels.</p>	<p>4 <input type="checkbox"/></p> <p>What educator inspires you? Nominate them as Whole Child Champion.</p>	<p>5 <input type="checkbox"/></p> <p>Check out this video of Whole Child Connections in and out of school.</p>	<p>6 <input type="checkbox"/></p> <p>Write a letter to someone who inspires you to be the best you.</p>	<p>7 <input type="checkbox"/></p> <p>Text or message someone you care about, with what you love about them.</p>
<p>8 <input type="checkbox"/></p> <p>Take a break from electronics today, even if for a short time. Focus on the present.</p>	<p>9 <input type="checkbox"/></p> <p>Try 4 square breathing as a way to be grounded in the present.</p>	<p>10 <input type="checkbox"/></p> <p>If how you were feeling today was weather, what would your weather forecast be?</p>	<p>11 <input type="checkbox"/></p> <p>Try a new exercise today. Get your heart rate up for 30 minutes!</p>	<p>12 <input type="checkbox"/></p> <p>Tune into the school board meeting to celebrate partners. Post an appreciation.</p>	<p>13 <input type="checkbox"/></p> <p>Listen to or read a book that makes you think. Share something you have learned with others.</p>	<p>14 <input type="checkbox"/></p> <p>Practice mindfulness. Want to know where to start? Try this video.</p>
<p>15 <input type="checkbox"/></p> <p>How can you actively reach for a little more fun today?</p>	<p>16 <input type="checkbox"/></p> <p>What activity feeds your soul? Share a picture of you.</p>	<p>17 <input type="checkbox"/></p> <p>Who helps you be your best you? Let them know!</p>	<p>18 <input type="checkbox"/></p> <p>What gives you hope today? Share #WholeChildMonth</p>	<p>19 <input type="checkbox"/></p> <p>Do some joyful dancing today! Exercise and laughter!</p>	<p>20 <input type="checkbox"/></p> <p>What do you hope for Tacoma students? Share here.</p>	<p>21 <input type="checkbox"/></p> <p>As you feel emotions today, acknowledge and accept them.</p>
<p>22 <input type="checkbox"/></p> <p>Call someone you care about and talk.</p>	<p>23 <input type="checkbox"/></p> <p>What is your goal for the week? Share with others.</p>	<p>24 <input type="checkbox"/></p> <p>Creativity feeds our soul. Share a creation.</p>	<p>25 <input type="checkbox"/></p> <p>What are Thinking Traps? Read this article to learn!</p>	<p>26 <input type="checkbox"/></p> <p>Try a new breathing practice today. Try bubble breathing.</p>	<p>27 <input type="checkbox"/></p> <p>Free write in a journal today. Reflect on your feelings.</p>	<p>28 <input type="checkbox"/></p> <p>Reflect on how your body and mind influence the other.</p>
<p>29 <input type="checkbox"/></p> <p>Go on a walk and think of 3 things you are grateful for. Share a picture!</p>	<p>30 <input type="checkbox"/></p> <p>How are you feeling today? Name 3 different emotions you are feeling.</p>	<p>31 <input type="checkbox"/></p> <p>Go back to an activity you enjoyed from this month and repeat it! Then share your experience with #WholeChildMonth</p>	<p>Other ways you can participate in Whole Child Month:</p> <ul style="list-style-type: none"> • Students: Participate in our Whole Child Writing Challenge. • Change your social media picture to show your support of TWC. 			
				 <p>Want to learn more about Whole Child Month? Scan this QR code using your phone!</p>		