

“The best way to predict
your future is to create it.”
—Abraham Lincoln.

September 2023

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predecir tu futuro es
creándolo”. -Abraham
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 27 988 Suicide and Crisis Lifeline	28 988 Línea de prevención d e suicidio y crisis	29 Purple: Bilingual Blue: English Red: : En Español	30 	31 	1 How to Prepare Kids for School While Protecting Their Mental Health	2 Two Simple Mindfulness Practices For Back-To-School - Mindful
3 Helping children and parents transition back to school Spanish/English	4 Activities 	5 10 Tips for Easy Back to School	6 1st day of school for Students Kindness Video	7 Let's move! Click the dancing feet! 	8 Emociones en español, para niños pequeños- video	9 National Teddy Bear Day Teddy Bears can Help Children with Mental Health
10 Suicide Prevention Day 16 Ways To Take Action	11 Mindful Monday Yoga El Yoga	12 Go for a walk with a friend or family member! ¡Sal a caminar con un amigo o familiar!	13 National Positive Thinking Day! 50 Positive Affirmations to Tell Your Child - Spanish & English	14 Youth Physical Activity Guidelines	15 Let's move! Click the dancing feet 	16 Rosh Hashanah video, crafts, songs
17 National Dance Day Play your favorite song and dance! Día Nacional de la ¡Toca tu canción favorita y baila!	18 Mindful Monday Yoga El Yoga	19 National Gymnastic Day Gymnastics for beginners	20 Put the phone down guarda el teléfono Screenless Activities /Actividades sin pantalla	21 Let's move! Click the dancing feet 	22 Dear Diary Day Studies show that expressing our thoughts in written form helps us reduce stress and anxiety Benefits of Journaling For Kids, Tips & Prompts	23 Breathing Exercises to Ease Anxiety
24 Physical Activities for Kids of All Ages 	25 Activities 	26 Give someone a Compliment	27 National No Excuses Day! Go have fun! ¡Día Nacional Sin Excusas! ¡Ve a divertirte!	28 National Good Neighbor Day Examples of Random act of kindness in English/Spanish	29 Childhood Cancer Awareness Day Wear gold to show your support Use oro para mostrar su apoyo 	30 10 minute family fun cardio workout