

WELLNESS

Wednesday

MAY 14TH



- **Morning**
- Wellness resource table (mesa de recursos)
- Gratitude Tree Chart (arbol de agradecimiento)
- Treat Station (dulces)
- Fidget Giveaway (jugetes)

- **2nd period (2ndo periodo)**
- Start Centering exercise (ejercicio de centracion)
- If you have PE remember that movement is good form of Selfcare (PE el movimiento es Terapia)



- **After School (SMART Center)**
- **Terapia de Art (SMART Center)**
- Art therapy for seniors: decorate your graduation cap