

# THEMATIC COMMUNITY BUILDING ACTIVITIES

9/21-9/25

## MINDFUL MONDAY

1. Do [Candle Breath](#)
2. Do a thumb check-in

3. [Watch Monster Meditation #1](#) (3:06)

4. Check-out with affirmation of students for participating

## GRATI - TUESDAY

1. [Count to Five](#)
2. Do a thumb check-in

3. Write a hello & thank-you note to a student in your class

4. Check-out with affirmation of students for participating

## WELLNESS WEDNESDAY

1. Do [Candle Breath](#)
2. Do a thumb check-in

3. Watch [Rest Well](#) video (1:13)

4. Check-out with affirmations.

## THOUGHTFUL THURSDAY

1. [Count to Five](#)
2. Do a thumb check-in

3. Think about one hard thing & one fun thing that happened this week.

Share with a friend or trusted adult.

4. Check-out with affirmations.

## FUN FRIDAY

1. Do [Candle Breath](#)
2. Do a thumb check-in

3. Play [123 Freeze with Elmo](#) (3:08)

4. Check-out with affirmations.