

# THEMATIC COMMUNITY BUILDING ACTIVITIES

10/26-10/30

## MINDFUL MONDAY

1. Do Bear Breath
2. Do a thumb check-in

3. Watch the Falling Leaves (3:33).
4. Check-out with affirmation of students for participating

## GRATI - TUESDAY

1. Make a Rainstorm
2. Do a thumb check-in

3. Write OR draw a hello & thank-you note to a student in your class
4. Check-out with affirmation of students for participating

## WELLNESS WEDNESDAY

1. Do Bear Breath
2. Do a thumb check-in

3. Watch Macarena County to 100 (2:17).
4. Check-out with affirmations.

## THOUGHTFUL THURSDAY

1. Make a Rainstorm
2. Do a thumb check-in

3. Think about 1 hard thing & 1 fun thing that happened this week. Share with a friend or trusted adult.
4. Check-out with affirmations.

## FUN FRIDAY

1. Do Bear Breath
2. Do a thumb check-in

3. Do some Monster Moves (3:11).
4. Check-out with affirmations.