

MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: Get Kind Week 31: Treat Yourself



“Our days are happier when we give a piece of our heart instead of a piece of our mind.” ~ Unknown



Giving recognition to someone is a very personal act. When we give recognition, we TREAT someone with KINDNESS. It means that we notice and acknowledge that they have done something special, remarkable, noteworthy or meaningful. Sometimes, we express our appreciation through a thoughtful note or a kind word. Overall, we simply value that the person has made the world around us a brighter and better place. Why do you think it's important to notice the KIND and thoughtful work of others?



Family Care ~ Choose a way to relax as a family and disconnect from the busyness of the world. Take some time to connect with one another and TREAT YOURSELVES. As a family, choose an activity you haven't done together in a while: game night, movie night, take a long bike ride, an outdoor scavenger hunt, throw a frisbee at the park or indulge in a spa day at home. Get creative and relax while you spend time with each other.



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