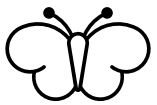
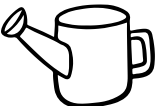




SPRING INTO ACTION

During Spring Break, take the time to explore activities that can help you connect more deeply with yourself and others. These activities have been thoughtfully chosen to provide opportunities for relaxation, reflection, and joy.



	Mindful Color Walk: Practice self-management by taking a walk with a family member, being mindful of the colors you see. Can you find something for each color of the rainbow - red, orange, yellow, green, blue, indigo and violet?
	Celebrate Growth: At the end of the day, reflect on what you accomplished, did well or learned. You can choose to communicate your reflection with others or simply take a moment to acknowledge your progress.
	Indoor Games: Practice and build collaboration and teamwork by playing cards and board games with your family.
	Bird Feeder Craft: Show compassion for animals by supporting local birds in your community! Create a pinecone or cereal loop bird feeder. Learn how by watching a short video , or scanning the QR Code above.
	Be Kind: Show kindness and empathy for others by showing gratitude with a "Thank You", giving someone a compliment or offering to help others with a task. You can also participate in the Kindness Rocks or Community Acts of Kindness activities. Learn how by watching a short video, or scanning the QR Code above.
	Planting: Plant flowers or vegetables to practice responsibility , patience , and the importance of nurturing living things. Plant together with family and friends to foster collaboration and relationship skills .
	Growth Mindset: Create a list positive affirmations. Read them aloud each morning, either alone or with your family. This practice helps build confidence and resilience .
	Spring Into Goal Setting: Identify a skill you want to improve or learn over Spring Break. Set a goal and outline the steps you'll take to achieve it by the end of the break. Learn how by watching a short video , or scanning the QR Code above.
	Spring Clean Up Challenge: Contribute to a more positive community by cleaning your room or picking up trash in your neighborhood.
	Encourage Others: Support your family and friends by recognizing when someone may be facing a roadblock . Offer to help by asking how you can support them in overcoming it.