



IT'S AN ABC COUNTDOWN!

				A 5/9/22 Appreciation DAY Write a note to show gratitude to someone	B 5/10/22 Brain Break DAY Do some of your favorite Brain Break Activities
C 5/11/22 Creative DAY Create something unique and share it with someone today	D 5/12/22 Dance Party DAY Turn on some music and dance, dance, dance	E 5/13/22 EXERCISE DAY Do something to get your body moving	F 5/16/22 FAVORITE SNACK DAY Enjoy your favorite snack	G 5/17/22 GAME DAY Play a game that you love	H 5/18/22 HAT DAY Wear your favorite hat or make a hat
I 5/19/22 INTEREST DAY Share your interests with your friends	J 5/20/22 Joke DAY Share your favorite jokes	K 5/23/22 KINDNESS DAY Be kind to EVERYONE today	L 5/24/22 LETTER DAY Write a letter to someone special	M 5/25/22 MOVIE DAY Watch your favorite movie	N 5/26/22 Necklace DAY Wear or make a special necklace
O 5/27/22 Obstacle DAY Create a class obstacle course and navigate through it!	P 5/31/22 POPSICLE DAY Enjoy a popsicle today	Q 6/1/22 QUIET DAY Enjoy some extra silence today. SSHH! Play The QUIET GAME.	R 6/2/22 Rainbow & Reading DAY Wear something rainbow colored and READ!	S 6/3/22 SCHOOL SPIRIT DAY Show your school spirit- wear school colors!	T 6/6/22 TEAM DAY Wear paraphernalia to represent your favorite sports team
U 6/7/22 Uplifting DAY Share or do something to lift someone's spirits today!	V 6/8/22 VIDEO DAY Record a video of you doing something cool.	W 6/9/22 WALK AROUND DAY Take a walk around the block - what do you notice?	X 6/10/22 Xs and Os DAY Play tic - tac - toe with someone.	Y 6/13/22 Yoga DAY Do Yoga to get calm and centered. Namaste!	Z 6/14/22 Zoom Out DAY Zoom out of school into Summer Break! ENJOY!