



Although this has been a trying and difficult week, we adjusted to our new normal and made some strides. Most importantly, we made it to FRIDAY!!! Take a moment and have some family fun today with this activity below that promotes mindfulness, kindness, and empathy. Be sure to capture these moments and post them to the PTO CT Walker FB page or email them to LeeKe@Richmond.k12.ga.us CONGRATULATIONS on surviving the 1st week of Virtual Learning from Home!

Name _____ Teacher _____

How many of the following activities can you do?

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|--|---|--|---|--|
| Be Responsible by cleaning your room | Be Respectful as you play a game with a friend or family member | Do something extra nice for a brother or sister | Write about a time that you Persevered | Tell someone about a time when you used Self-Control |
| Tell someone 5 things you are grateful for | Write or draw what it means to be a good friend | Practice sitting still for 1 minute - what sounds do you hear? | After reading a chapter in a book, write or tell someone the emotions you saw in the book | Tell someone what it takes to be a good listener |