***Tuesday Thoughtfulness***

*Daily Quote: “There are three ways to ultimate success. The first way is to be KIND the second way is to be KIND and the third way is to be KIND”- Mr. Rodgers*

*Mindfulness Activity: Belly Breathing with a Stuffed Animal*

1. *Lie down on your back*
2. *Place a stuffed animal on your belly*
3. *Take a deep breathe in and then slowly breathe out*
4. *Watch your animal go up and down 😊*

*Take a Study Break:*

*I SPY..... HOME VERSION*

* 1. *I spy something soft*
  2. *I spy something red*
  3. *I spy something you can cook with*
  4. *I spy something that can hold things*
  5. *I spy something you wear*
  6. *I spy something living*
  7. *I spy something purple*
  8. *I spy something you clean with*
  9. *I spy something that smells*
  10. *I spy something hard*

*Take a Moment to Think:*

*What is my peak for today, what is my valley for today? (what is a positive for today what was challenge for today)*

*Share with a friend, family member, teacher, pet or someone else if you wish. You can call, text, or email them if can’t see them*

*Have a Little Laugh:*

