Mindful Monday	Together Tuesday	Wellness Wednesday	Thoughtful Thursday	Fun Friday
Activities include meditations, visualizations, and mindfulness	Activities involve team building and initiatives that build trust	Activities focus on ways to build physical and emotional health	Activities emphasize self-reflection and spiritual formation over the previous day's chapel message	Activities are energizing activities that reinforce the importance of joy
29. Have you ever watched leaves being blown around by the breeze? They never offer any protest; they simply float along in the wind's current, moving in whatever direction the wind carries them. When we choose to go with the flow, we give up pain that comes from resisting the winds of change and embrace the journey ahead. Today, consider an area of resistance in your own life. Close your eyes and repeat: "I will float and flow." Imagine what it would feel like to stop fighting and simply move like a leaf in the wind.	30. Teacher Appreciation Time! Go to Mr. Friesen's room and tell him why you appreciate him today!	31. Tomorrow is September! September is Suicide Prevention Awareness Month. Monthly Graphic Art Challenge: Look at the resources below - whoever submits the best awareness graphic within the next week to mmikitka@weareuca.org gets their graphic hung in the hallways of UCA AND a Chipotle lunch with Ms. Mik!	1. What is the good news of Jesus Christ?	2. Join us at the Shrek Movie Outing for the 2nd half of the day!