

Mindful Monday	Together Tuesday	Wellness Wednesday	Thoughtful Thursday	Fun Friday
28. Posture is important. The physical shape with which we meet the world can have a big impact on how we act. Nothing embodies the ideals of mindfulness better than the combination of a straight back and soft belly. The straight back encourages alertness and brightness, and the soft belly fosters a sense of relaxation and openness. Practice this position by bringing your attention to your posture during Block A, Lunch, and Block D. Notice how mindful posture impacts how you meet your day.	29. Teacher Appreciation Time! Go to Mr. Powell and share why you appreciate him today!	30. It is National Family Caregivers Month. What can you do to thank the family members that make your household run smoothly?	1. What is Advent? Reflecting on yesterday's chapel message, what is Christian hope?	2 Want to learn new skills outside of school but don't know where to start? Try any of the apps listed below: If you're interested in learning a new language, try Duolingo! If you're interested in daily brain games, try Lumosity! If you're interested in checking out lesson videos from industry experts, try Udemy!

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