

Caring 4 Cowboys Wellness

August Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Picnic day Take some time to go enjoy a picnic in the sun. Listen to the trees move, and the birds sing. 	2 Take a walk day Oftentimes we forget that a simple walk can help clear our minds. Don't forget to take those fur friends with you. 	3 National watermelon day Eat some yummy watermelon. Which do you prefer, seedless watermelon or watermelon with seeds? 	4 NATIONAL COLORING DAY TAKE THE DAY TO DRAW ANYTHING, AND COLOR IT IN, TO HAVE IT COME TO LIFE 	5 International root beer float day A nice root beer float along with good company will make for a good day. 	6 Friendship day Appreciate the friends you have around you, and who support you. 	7 Mustard day Here is the real debate, do you like mustard on your sandwiches or do you not? 

8 Ice cream sandwich day Take a break! Enjoy your favorite ice cream sandwich! 	9 Book lovers day A good book always puts me in a great mood! Find your favorite book and read it again. 	10 Back to School ! Welcome back! Enjoy the first week of school! 	11 Eat a waffle day What a great way to start your day off for school then to eat waffles. 	12 Meteor shower Meteor showers are very pretty to watch. Take some time to watch the one tonight. 	13 Take a moment to reflect on your first week back to school. Take some time to journal about your first week back at school. How were you feeling? 	14 National Creamsicle day It's always a good day to try new things. Try a creamsicle on national creamsicle day. 
15 Relaxation day Take some time to relax. The first week of school can be overwhelming, take some time to mentally prepare yourself for the second week of school. 	16 National tell a joke day Did you know that when you laugh you begin to relax and loosen up. It helps with your health as well. 	17 Take a hike day There are many beautiful trails to go hiking. Find one and enjoy the view 	18 Pet day Take a moment to be thankful for your pet, or for any other animal that you love. 	19 Happiness happens day Happy people was founded in 1998, by people who were genuinely happy, and they would meet in secret to talk about what make them happy. 	20 Mosquito day Mosquitos can be a pest but did you know that only female mosquitoes bite. 	21 National Honey bee day Honeybee colonies can hold many as 80,000 bees, including the queen, larva, drones, workers and magician named lloyd 

22 Self care day It's so important to make sure you take time to take care of yourself. 	23 Vinyl record day. Do you like to collect records? If so, which one is your favorite? 	24 Meditation Meditation is a great way to help clear the mind and refocus your breathing. 	25 Mountain day. Enjoy nature that is around you. Find and discover all the different kinds of mountains that are around you. 	26 Women's equality day Empowering women can change the world. One step at a time. 	27 Backwards day! Having a fun silly day where everything is backwards helps the mind think and relax a bit. 	28 Chocolate chip cookie day Who doesn't like a good chocolate cookie? Making them and eating them is always the pleasure. 
29 World photo day Take a photo! Remember the days that you love and enjoy so much. 	30 Roast a marshmallow Camp fires are great, what makes them even better, is when you roast marshmallows and create a smore out of them. 	31 National trail mix day The good thing about trail mix, is there are so many different ways you can make it. 		National Suicide Prevention Lifeline (24 hr) 1-800-273-8255 Crisis Text Line (24hr) Do you prefer to text? Text LA to 741741	Text/Call 661.505.8866 to make an appointment with the Wellness Center or use the QR code 	Hart District Wellness Website: Find mental health/wellness resources and activities <u>HERE!</u> REACH.OUT. Family Friend Teacher Counselor Coach Spiritual Leader

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