

Ms. Muncy

Week #5 Distance Learning

Use the calendar below for some ideas to help you through the month of May while still in "Shelter in Place." Keep in mind that this is only a temporary situation, do things that are good for your mind, body and soul. Keep a journal of your thoughts and feelings about what is happening around you. Keep newspaper and magazine articles. Get exercise, take a walk or run. Get fresh air and some sunshine. Listen to your favorite music. Don't get glued to a tv or computer screen. Do nice things for others. Remember that everyone is going through the same thing but in different ways. If you have questions you can email at hmuncy@tusd.net or call/text at 209-625-9467.

This assignment is not turned in. Enjoy your summer break and please stay safe!



ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe				1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	8 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger

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31 actions to look after ourselves and each other as we face this global crisis together