

1 Talk about three things you are looking forward to in the new school year.	2 Make a snack menu of your favorite healthy snacks.	3 As a family, discuss your morning routines and make a plan to help everyone get ready on time.	4 Walk or bike ride your route to school.	5 Make a list of three people or things you are grateful for and why.	6 Practice belly breathing for five minutes. It's a great way to help you feel calm!	7 Set out your clothes for the week! Getting ready for the week can help you feel less stressed in the mornings!
8 Take a mindfulness safari: See how many birds, bugs, and other animals you can notice.	9 Enjoy fruit for a quick and healthy snack.	10 It's the first day of school! Find a person who is new, introduce yourself, and welcome them.	11 Try to walk 10,000 steps today!	12 Find three people and tell them something you appreciate about them.	13 Make a pinwheel and blow on your pinwheel using long, deep breaths. How do you feel?	14 Learn about vaccines by playing Vax Pack Hero!
15 Lying down, close your eyes and imagine you are a jellyfish floating in the water. Let your worries slip into the sea as you float.	16 Pack a lunch with as many fruit and veggie colors as possible.	17 Heartbeat Exercise : learning how to pay attention to our heartbeat and breathing.	18 Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 10, take a break and do 10 more.	19 Leave a nice note for someone to find today.	20 Make today a screen-free day.	21 Schedule your annual well-child visit with a doctor to keep up to date on your immunizations.
22 For 60 seconds, clear your mind and focus only on your breathing. If your mind wanders, bring your attention back to your breath.	23 When eating a snack today, pay attention to the taste, feel, sound, smell, and look of the snack. What do you notice?	24 Stay hydrated by drinking 7-8 cups of water!	25 Try the crane pose: Put your hands on the ground, lean forward and balance your knees on your elbows.	26 Joke exchange: trade jokes with a friend.	27 Spend time with your family outside.	28 Do one thing today that will help you prepare for the week ahead.

29 Balanced breathing: press your finger against one side of your nose and breathe in & out. Then switch to the other side. Repeat 3 times.	30 Make food together as a family.	31 Be sure to brush your teeth for two minutes.	<h2 style="text-align: center;">August 2022 Wellness Calendar</h2> <p style="text-align: center;">Theme of the Month - Welcome Back!</p> <p style="text-align: center;"><i>Let's get the 2022-23 school year off to a great start by building community and developing healthy school habits.</i></p> <p style="text-align: center;">Children's Eye Health and Safety Month</p> <p style="text-align: center;"><i>Beginning at age 3, children's eye health can be examined during well-child visits.</i></p> <p style="text-align: center;">National Immunization Awareness Month is an annual observance held in August to highlight the importance of vaccination for people of all ages.</p>			
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