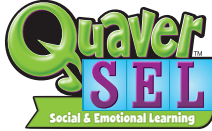








July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Theme of the Month: <i>Rest and Recovery</i> <small>🔗 = clickable link</small>			1	2	3	4
5	6 Give yourself permission to take a nap	7 Join Quaver's PLC to connect with others 🔗	8 Quaver Webinar Reclaim Your Summer: Learning to Rest & Recover 🔗	9  List five things you are grateful for	10 Reach out to someone you haven't spoken to recently with a phone call or thoughtful text!	11
12	13  Eat at least one piece of fruit or vegetable today	14 Listen to QuaverSEL's June Song of the Month " Take Some Time " 🔗	15 Go tech free , or at least limit your use of technology to 10% of what you were doing before	16  Go for a ten minute walk and observe what is outside and how it makes you feel	17 Practice Self-Compassion with QuaverSEL's Mindful Reflection screen 🔗	18
19	20  Practice being calm through coloring some Mandalas 🔗	21 Try July's Home Challenge: Self-Confidence Portrait and submit them to the QuaverSEL Educator Group Facebook page 🔗	22 Try some deep breathing techniques from Quaver! Star Breathing 🔗	23 Exercise: 20 jumping jacks! For an extra challenge add 15 push-ups!	24 What is one short term goal you would like to accomplish? What is one step you can take this weekend to achieve this goal?	25 
26	27 Share one moment of joy with someone else	28 Join Quaver's PLC to connect with others 🔗	29 Try to drink eight glasses of water today 	30 Listen to QuaverSEL's July Song of the Month " Believe in Yourself " 🔗	31 Build your Self-Confidence with QuaverSEL's Mindful Reflection screen 🔗	