



P596X Wellness News What's Happening@ P596X

FEBRUARY'S EXERCISE CHALLENGE: Kindness to others



Kindness is the quality of being friendly, generous, and considerate to all others. Kindness is choosing to do something that helps all others we encounter. Kindness is motivated by genuine warm feelings. Kindness, or doing good, often means putting other people's needs before our own where-ever we maybe.



Kindness to self



Self-kindness refers to acting in kind and understanding ways towards ourselves. This entails treating oneself with kindness and care, like we would treat a dear friend. Instead of being critical, our inner voice is supportive and warm. "To love oneself, is the beginning of a life-long romance." Oscar Wilde

A Peek At Last Month's Emotions Activity



Students watched videos and engaged in fun activities about their feelings. They learned feelings and emotions influence our thoughts, memories, perceptions, beliefs, relationships, behavior, and motivate our decisions.

Parent of the Month Celebration

We had our 1st in-person POM Celebration to acknowledge parents & guardians who have made an impact in their classroom and our school community.

Family Buddy Kick-off

We had our KICKOFF, and it was great, but it is not too late **don't be shy: please sign up!**

ALL 596x Parents and guardians

We SALUTE you and THANK you for your support and for the amazing contributions you make in the lives of your children and in our 596x community .



*Wellness Food for Thought
Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.
Albert Schweitzer*

Upcoming Wellness Activities

February 596x will be focusing on Kindness to SELF and to OTHERS
Book: My Cold Plum Lemon Pie Bluesy Mood by Tameka Fryer Brown