

Theme of the Day: **YOU**



Home Resources-

Activity 1: Set yourself up for Success!

Activity Description:

Take a few minutes to learn a bit about how to take care of you! Watch and/or read to set yourself up for success.

Watch a video:

<http://www.thewaytohappiness.org/thewaytohappiness/precepts/take-care-of-yourself.html>

Read an article:

<http://www.mindful.org/be-kind-to-yourself-right-now/>

<http://www.positivityblog.com/index.php/2015/02/18/self-love-today/>

<http://daringtolivefully.com/how-to-be-kind-to-yourself>

<http://www.today.com/kindness/gratitude-you-too-11-simple-ways-be-kind-yourself-t52666>

Activity 2: Do Something for Yourself

Activity Description:

Take some time to focus on you today. Do something that you enjoy. Be aware that you are important and doing something for yourself isn't always selfish. Sometimes, it's necessary. What do you enjoy? Some suggested activities include:

Take a yoga or pilates class

Go for a run, walk, or bike ride

Take a bubble bath

Read the paper or a book on the porch

Get a manicure or pedicure

Meditate or pray

Paint or do another artistic activity

Go to a movie, museum or park

Share your photos and experiences @givevendays on Facebook, Twitter and Instagram using the hashtag #givevendays. To share more detailed events, email info@givevendays.org with your school name.