








Dates	Tuesday April 21	Wednesday April 22	Thursday April 23	Friday April 24	Saturday April 25	Sunday April 26	Monday April 27
Theme	<p>LOVE Day love your neighbor</p> 	<p>Discover Day ourselves and others</p> 	<p>Others Day we are all the same on the inside</p> 	<p>Connect Day find ways to connect with your community</p> 	<p>You Day take a few minutes to breathe</p> 	<p>Go Day take it outside</p> 	<p>Onward Day pay it forward</p> 
Spirit Wear	Wear a cardigan like Mr. Rogers.	Wear a shirt with a positive message!	Wear something bright and colorful.	Dress like your favorite person or hero.	Wear your favorite work out gear.	Wear your favorite hat!	Wear any BRE gear!
Activities	<p>Do something kind for a neighbor. (But keep your distance.)</p> <p>Send a text, email, make a card, sidewalk chalk or tape a funny sign to your mail person!</p>	<p>Find a way to think of others through your family's traditions.</p> <p>Sing your favorite songs, light a candle, with your family - go through pictures, share stories, find a family recipe to learn how to make.</p>	<p>Reach out to a family member or friend.</p> <p>Find 3-5 things you have in common. Create a poster/diagram showing similarities. Learn something new about them!</p>	<p>Send a thank you letter or email to a hero in our community.</p> <p>Options: local hospital, doctors, nurses, paramedic, firefighter, police officer or someone in a nursing home.</p>	<p>Do a calming exercise with your family.</p> <p>Guided relaxation, yoga, breathing exercises, mindfulness activity or take a nap! <a href="https://www.youtube.com/watch?v=K7FUbtac_ds">https://www.youtube.com/watch?v=K7FUbtac_ds</a></p>	<p>Do something fun with your family outside.</p> <p>Play a fun game, take a nature walk, ride bikes, do physical activity, write kind messages on the sidewalk for others to find.</p>	<p>What kind act can you do today to pay it forward?</p> <p>Find someone to encourage, do a chore to help in your house, go through toys and clothes to find things to donate later.</p>