

DECEMBER 2021



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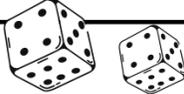
SUN

Family Wellness Calendar

Join Vernon Public Schools in celebrating physical, social, and emotional wellness this month! Each day, check the calendar for a wellness tip and give it a try with your family! Check out the December Wellness Newsletter for physical activity, healthy eating, and mental health resources.



December Mood Booster: Create a Mood Jar! Fill a jar with written reminders of things that always give your mood a lift - an activity, a memory, anything. Go to the jar when you need a mood boost throughout the month of December!

<p>6 Take the stairs! Studies show the risk of cardiovascular disease is lower among those who regularly climb stairs.</p>		<p>1 Get out of bed and stretch for 5 minutes! Stretching keeps muscles flexible and strong.</p> 	<p>2 Go for a walk with a family member. Enjoy your time together and the sounds of nature.</p> 	<p>3 Reach out to a friend. Call, go for a walk, or meet them for coffee. Socialization is an important part of wellness.</p>	<p>4 The holidays can be manageable with some planning. Make a priority list for this month's holiday tasks. Reduce the stress and have fun!</p>	<p>5 Create a Mood Jar today to boost your mood throughout the rest of the month! See instructions below.</p>
<p>13 Journal 3 things you are grateful for each morning this week.</p> 	<p>7 Be Kind. Perform a random act of kindness for a classmate today and encourage them to pass it on.</p>	<p>8 Focus on fruits! Try to eat 3 servings of fruit today. Fruit is served at breakfast & lunch at school!</p> 	<p>9 One hour before bed, turn off all technology (computer, phone, TV, etc). Use the time to unwind and relax. Read a book!</p>	<p>10 Before going to bed, write down 2 good things about your day.</p> 	<p>11 Sit quietly for 5 minutes, eyes closed, breath deeply 3x, then breath naturally and notice the sounds around you.</p>	<p>12 Family time. Spend part of the day with your family. Do something fun and just enjoy being together.</p> 
<p>20 Create a gift. You could write a poem, paint a picture, or bake a cookie! Then give it away.</p> 	<p>14 Vary your veggies. Try to eat 2 different types of veggies today. Veggies are available during lunch at school!</p> 	<p>15 Drink a glass of water as soon as you wake up. That's an easy way to re-hydrate and get your body going.</p>	<p>16 Is it sunny today? Step outside for 15 minutes, even if it's cold. Sunshine boosts your mood!</p> 	<p>17 Plan and cook dinner as a family tonight. Try a new recipe that includes veggies!</p>	<p>18 Play your favorite sport for 30 minutes today. Invite a friend to make it more fun!</p> 	<p>19 Do something helpful around the house today like clean your room, take out the trash, or fold laundry.</p>
<p>27 Clean it up. Make room for new things and donate things you don't need. Clear up some of the clutter.</p>	<p>21 Push it up! Push ups use almost all the muscles in your body. How many can you do?</p>	<p>22 Go green today. 1) turn off the water when you brush your teeth and 2) recycle to cut down on trash.</p>	<p>23 Salad Day! Eat a salad that contains leafy greens and other vegetables. Yum!</p>	<p>24 Gratitude. Recognize the people that bring you joy. How can you share that?</p>	<p>25 Dance! Have a dance party today! Don't forget to sing - singing lifts you up!</p>	<p>26 Game Night. Grab your favorite board game and have a game night with family or friends.</p> 
<p>28 Move it! Exercise your name 3 times today. See the "Exercise Alphabet" in the December Newsletter.</p> 	<p>29 Be nice to yourself. Write down 3 things that you love about yourself.</p> 	<p>30 Go to the library today! It is such a fun place for adventuresand it's FREE!</p>	<p>31 Write down 3 things you want to do in 2022 and share them with your family!</p>	<p>HAPPY NEW YEAR!</p> 		