



# SAL CASTRO MIDDLE SCHOOL

# September 2024 Wellness Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## THEME OF THE MONTH Connection



### QUOTE OF THE MONTH

"Connection is why we're here; it is what gives purpose and meaning to our lives."

-Brene Brown

2. Labor Day!

3. How do you feel when you're new and don't know anyone yet?

4. Give 5 people a high five!

5. The Power of Kindness

6. Freeze Dance with Bluey!

9. Bubble Bounce!

10. What is one thing that you're doing really well at?

11. What's one thing you could work on to improve?

12. Accepting Differences

13. Minions Freeze Dance!

16. Calming Fish

17. Say HELLO to 5 people you don't know yet!  
**25th Day of School!**

18. Wear GREEN to celebrate  
**Start with Hello Campaign!**

19. Give a compliment to 3 other people today.

20. Left vs. Right

23. Yoga for Kids!

24. How does it feel to be greeted with kindness when you come to school?

25. Take 5 deep breaths and say out loud "I love myself"

26. Write a thank you note to someone in your family.

27. Monster Dance

30. Rainbow Relaxation

### Mindful Mondays

### Grati-Tuesdays

### Wellness Wednesdays

### Thoughtful Thursdays

### Fun Fridays!



contact  
Call (213) 241-4416  
Monday-Friday  
7:30m-4:00pm  
m.castilloleal@lausd.net

Find Weekly Lesson Plans - Resources Section in the Positive Behavior Interventions and Supports/Restorative Practices (PBIS/RP) Schoolology group (access code **ZV2B-2PCZ-BMJVX**)

Ms. Castillo, PSW  
Monday-Friday

