


Mindful March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1	2	3	4	5	6
	Mindful Monday: 7:40-7:55 a.m. Meditation with Ms. Ryan on Zoom will focus on setting positive intentions.	Terrific Tuesday: Go online and find 1 quote that inspires you. Email the quote to Ms. McBride at amcbride@cmitacademy.org Your quote will be shared with the CMIT community during the month!	Wellness Wednesday – Motivational Phrases! Join Counseling for a session on motivational messages. We will be writing motivational notes to others and ourselves!	Thoughtful Thursday: Set an intention for the month that relates to Self-Care!	Friendship Friday: Attend Club Live with the Student Support team and have your friends join you for meaningful social time!	
7	8	9	10	11	12	13
	Mindful Monday: 7:40-7:55 a.m. Meditation with Ms. Ryan on Zoom will focus on how to stay motivated in challenging moments.	TED Talk Tuesday: Meet Ms. Gaudette & CMIT Lead after school from 3-4:30 to focus on leadership with a TED Talk viewing party! Discussion to follow.	Wellness Wednesday – Movement Day! Take a break and do your favorite exercise. Think about your intention while you work out!	Thankful Thursday: Write a Thank You note to someone in the CMIT School community who has helped you through virtual learning! Email it to them! 	Friendship Friday: Attend Club Live with the Student Support team and have your friends join you for meaningful social time!	
14	15	16	17	18	19	20
	Mindful Monday: 7:40-7:55 a.m. Meditation with Ms. Ryan on Zoom will focus on how to use breathe to stay focused and calm.	Talk about it Tuesday: Spend lunchtime with Ms. Ryan as we talk about the importance of gratitude and how to communicate it to others.	Wellness Wednesday – Sleep & Diet! Make a goal of waking up early and getting dressed, eating meals that give you energy, and getting a good night's sleep at a reasonable hour!	Take Your Time Thursday: Keep track of how you spend your time to become more intentional about the way you spend your day.	Friendship Friday: Attend Club Live with the Student Support team and have your friends join you for meaningful social time!	
21	22	23	24	25	26	27
	Mindful Monday: 7:40-7:55 a.m. Meditation with Ms. Ryan. Special guest Morgan Pringle will be delivering the meditation!	TED Talk Tuesday: Meet Ms. Ryan & Peer Leaders after school from 3-4:30 to focus on Mental Health with a TED Talk viewing party! Discussion to follow.	Wellness Wednesday – Healthy Habits! Join Mr. Mirza for a book talk to discuss the book Atomic Habits during the day!	Touchdown Thursday: Join the Counseling department for a reflective conversation during lunchtime to discuss how you've grown throughout Mindful March.	Friendship Friday: Attend Club Live with the Student Support team and have your friends join you for meaningful social time!	
28	29	30	31	1	2	3
	SPRING BREAK	SPRING BREAK	SPRING BREAK			