

Monthly Themes

September

Peace/Kindness

October

Friendship

November

Gratitude

December

Giving/Sharing

January

Accepting Differences/Respect

February

Love

March

Communication/ Listening

April

Awareness of Self and Others

**May
Emotions**

Responsible Behavior/Managing

June

Success/Courage

In Practice:

September/October- Mindful Mondays

Skillset theme: Mindfulness, focus, self-regulation, awareness

November/December- Thankful Thursdays

Skillset theme: Gratitude Practice

January/February- Follow-Your-Heart Fridays

Skillset theme: Self-compassion, empathy, connecting to others, inclusivity, values

March/April- Tell-It Tuesdays

Skillset theme: Active listening, "I"/XYZ messages, communication

May/ June- Way-To-Go Wednesdays

Skillset theme: Growth Mindset, the power of yet, perspective taking, courage