



Motivational March

1 Communicate "hello" to someone and give them a smile!	2 Experience a Cosmic Yoga story.	3 Look in the mirror; smile and say something positive.	4 Take a selfie with a friend; cheese!	5 Communicate "hello" to someone new.	6 Share a game with somebody.	7 Take 5 minutes to enjoy nature's beauty.	8 Surprise someone with a special "thank you"; make them a card or even a cup of tea.	9 Experience food from a different Country.	10 Add a happy memory to your class memory jar.
11 Think of a challenge with an adult to complete today; what will you achieve?	12 Be part of picking up litter or leaves in the playground; work as a team!	13 Choose a friend or adult and tell them about or show them something you love.	14 Take part in a sensory cooking session.	15 Treat yourself to something indulgent and enjoy it guilt free.	16 Enjoy a sensory massage session with some scented oils.	17 Help your friends make some slime and enjoy it together.	18 Take a walk around school and visit another class.	19 Listen to and appreciate a new style of music.	20 Help a friend today.
21 Play or spend time with someone in a different class at playtime.	22 Give a friend a compliment today; communicate something to make them smile!	23 Help the adults in your class at snack time today.	24 Spend a day without the use of screens and appreciate what's around you.	25 Make and leave a happy note for someone to find.	26 Share a story with a friend; what is your favourite part?	27 Take 5 minutes to relax and clear your mind.	28 Share your activity with a friend at choosing time.	29 Spend some time outside and communicate with a friend about what you can see.	30 Communicate with a friend or adult about what makes you happy.

"Be kind whenever possible. It is always possible" ~ Dalai Lama