

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Make a schedule	Practice a breathing technique	Everyone share who is their role model? Why?	Take a walk	Write down 3 great things about the day	
22	23	24	25	26	27	28
	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	
29	30	31	0	0	0	0
	Write what it means to be empathetic?	Try a new Yoga pose				

WARR

NOTES