

	Monday Activity link	Tuesday Activity link	Wednesday Activity link	Thursday Activity link	Friday Activity link
On the Move	<u>Affirmation Toss</u> Teach your child the power of positive self-talk.	<u>Self-Care Mats</u> These play mats will assist your child with important self-care routines.	<u>I Can Dress Myself Relay</u> Build self-help skills with this fun race to the finish line.	<u>Self-Love Stick</u> Show yourself some love and decorate for the upcoming holiday all in one!	<u>Giant Nail Salon</u> Practice some self-care and strengthen your fine motor skills in this fun activity!
Adventures Online	<u>Positive Vibes</u> Join YOYO and Robot on a dance party that will make you feel ready for the day!	<u>Yoga Time</u> Meet Jaime on the farm for this song and dance mixed with yoga poses.	<u>Kid President's Pep Talk</u> "It's everybody's duty to give the world a reason to dance."	<u>Meditation Time</u> Join Zafu with these easy-to-follow breathing techniques.	<u>The Reflection in Me</u> Enjoy this heartwarming film sharing themes of love, acceptance & loving you.
Sensory Time	<u>Scoop and Guess</u> Scoop it out and see which pile has more!	<u>Messy Fun</u> After every mess comes clean up time!	<u>Musical Emotions</u> Music is a fun and creative way to express emotions.	<u>Clean Up Time</u> We must put our things away, but where do they go?	<u>Open, Shut Them</u> Doing things for yourself is so rewarding.

<p><i>Story Time</i></p>	<p><u><i>I Like Myself</i></u></p> <p>This ode to self-esteem encourages kids to appreciate everything about themselves, inside and out.</p>	<p><u><i>Hair Love</i></u></p> <p>Zuri's hair has a mind of its own but she loves it and knows it's so beautiful!</p>	<p><u><i>I Can Do It</i></u></p> <p>Holly can dress, eat, and clean up all by herself, almost!</p>	<p><u><i>Pass It On</i></u></p> <p>When you laugh or smile, pass it on! A fun story about giving, sharing, and joy.</p>	<p><u><i>I Am Peace</i></u></p> <p>Learn what mindfulness means and find new ways to stay calm.</p>
<p><i>Arts and Creativity</i></p>	<p><u><i>Who Am I?</i></u></p> <p>Colors and affirmations are the perfect combination for a personal masterpiece.</p>	<p><u><i>I'm Glad to Be Me</i></u></p> <p>Enjoy this fun fingerplay all about you!</p>	<p><u><i>Self-Care Day</i></u></p> <p>Take care of yourself with some relaxing activities.</p>	<p><u><i>All About Me Songs</i></u></p> <p>Have fun singing these songs that show how special and unique you are.</p>	<p><u><i>I Love Me!</i></u></p> <p>Create a self-portrait to show who you truly are!</p>