

NEWARK BOARD OF EDUCATION Virtual Spirit Week APRIL 20 – 24, 2020

MINDFUL MONDAY

Participate in mindfulness exercises throughout the day.
Star Breathing Mindfulness 5-4-3-2-1 Mindful Breathing STOP
Click on each exercise to learn more



TACTICAL TUESDAY

Close your eyes, and think about one great idea. Write it down and then share it with a friend.



WHIMSICAL WEDNESDAY

Show off your creativity! Post your artwork: poem, dance routine, drawing, collage, or craft project.



THANKFUL THURSDAY

Share what you are most thankful for today. Show your support and appreciation for the front line workers who continue to show up and service our great city.



FABULOUS FRIDAY

Show your school pride by wearing your school uniform, t-shirt, colors, and accessories.



**SHARE YOUR VIRTUAL SPIRIT WEEK STORIES WITH US.
CHECK FOR POSTINGS ON THE DISTRICT'S WEBSITE.**

 studentlife@nps.k12.nj.us

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