



Wellness Wednesdays



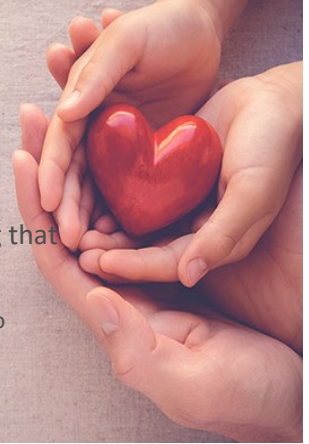
Happy Wellness Wednesday to ALL! Our theme for the month of April is **Kindness!** "Kindness is a gift everyone can afford to give", so we would like to encourage everyone to practice **Random Acts of Kindness**. In last week's newsletter we asked staff to submit pictures of yourself engaging in Random Acts of Kindness, in order to participate in the raffle drawing. Although, we did receive several entries, we noticed less participation which may have been due to the challenge of taking a picture of yourself engaging in a random act of kindness. So for the next raffle drawing, we created a template (*included in this newsletter*) for you to share your "Random Act of Kindness Story" instead. Please submit the entry by taking a picture of the story and emailing it to WellnessWednesdays@windham.k12.ct.us. Due to spring recess next week, a winner will be announced on Wednesday, April 21st. **Please note, this will be the last edition of the Wellness Wednesday newsletter! Moving forward you will continue to receive a Wellness Wednesday message in an email from Tanya Fleeting.** Please continue to practice Self-Care!

- I wish you all the best, Miguel Pabon

Kindness

is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.

- Plato



Use the template below to submit entries for the next raffle drawing. Write story, snap a pic, and email entry.



Name: _____

Describe your Random Act of Kindness Story:

This week's Raffle Winners are.....

April Shepaum, Central Office & Teresa Diaz, Sweeney



25 Random Acts of Kindness Ideas



- ☐ Give a stranger a gift.
- ☐ Open a door for someone.
- ☐ Bring blankets to a homeless shelter.
- ☐ Put out neighbor's trash.
- ☐ Write a thank-you note to a teacher.
- ☐ Volunteer.
- ☐ Bring food to someone.
- ☐ Compliment a stranger.
- ☐ Mow neighbor's yard.
- ☐ Give snacks to mail carrier.
- ☐ Visit a nursing home.
- ☐ Call a relative.
- ☐ Say 'hello' to a stranger.
- ☐ Help with chores.
- ☐ Donate a book to the library.
- ☐ Donate old toys.
- ☐ Donate outgrown clothes.
- ☐ Pick up litter.
- ☐ Clean neighbor's garden.
- ☐ Babysit.
- ☐ Make a gift for a friend.