

M O N T H L Y T H E M E S



SEPTEMBER - NEW BEGINNINGS

OCTOBER - FRIENDSHIPS AND CONNECTIONS

NOVEMBER - FAMILY

DECEMBER- THINKING OF OTHERS, THE POWER OF GIVING & RECEIVING

JANUARY - POSITIVE MINDSET/ BUILDING CONFIDENCE

FEBRUARY - SPRING IN YOUR STEP

MARCH - BE KIND TO YOURSELF AND OTHERS

APRIL - SCREENTIME/GET OFF YOUR SCREEN AND GET OUTSIDE - SCREEN FREE DAY

MAY- WINNING AND LOSING IS HEALTHY AND KNOWING YOUR STRENGTHS

JUNE - JUMPING IN TO JUNE (EXERCISE AND FITNESS) MAYBE LESS HOMEWORK!