

**Denville Township Schools Health and Wellness Day
for
Staff & Families**

SAVE THE DATE!

**Thursday
March 25, 2021**

**In lieu of the District's
PM Virtual Schedule, please
use the time to engage in
activities to promote
health and wellness!**



Remember, you are not "working from home", you are "at home, during a global crisis, trying to work *and* live through disruptive times".

Perspective matters.

Empathy matters.

Self-care matters.

Be kinder to yourself and be more understanding of others.

©briansolis

Suggested Activities:

- **Rest**
- **Exercise**
- **Take a nature walk**
- **Read a book**
- **Dance to your favorite music**
- **Random acts of kindness**
- **Do something you enjoy**
- **Connect with friends, family, community groups through phone, mail, social media**

Optional Offerings to Follow

**Sponsored by your
School Psychologists
from Lakeview, Riverview, and Valleyview Schools**