Denville Township Schools Health and Wellness Day

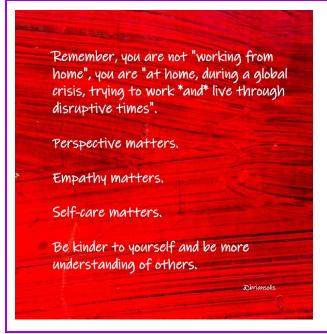
Staff & Families

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!





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