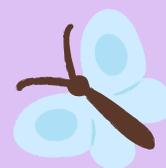


FOSTER FRIENDSHIP

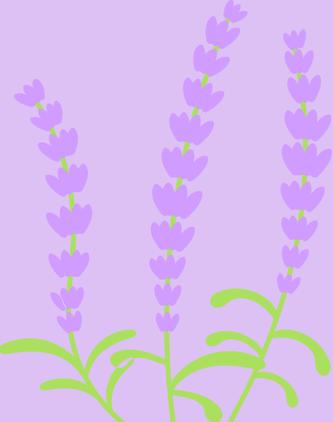
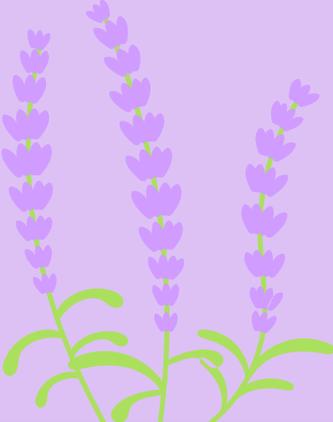
Build Positivity and Friendship
with Daily Calendar Inserts!



 **January** 

 **February**  

 **March** 

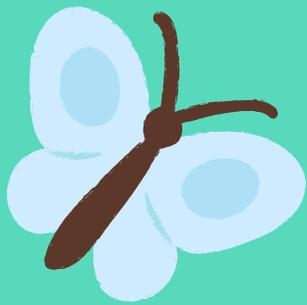
 **April** 



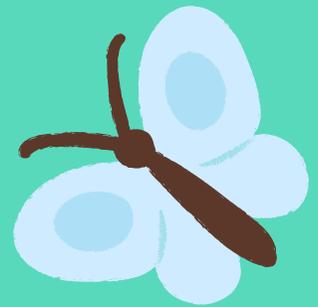
May



June



July



August



September



October



November



December



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24 / 31

23 / 30

Sunday

Sun.

Monday

Mon.

Tuesday

Tues.

Wednesday

Wed.

Thursday

Thurs.

Friday

Fri.

Saturday

Sat.

2025

2026

2027

2028

2029

2030

2031

2032

**I am
smart**

**My
words
have
power**

**I AM A
GOOD
LISTENER**

**I GET
BETTER
EVERYDAY**

**I am
unique**

**I AM
CONFIDENT**

**Today I
choose
happiness**

**I AM
IMPORTANT**

**I am
rooted in
kindness**

**I BELIEVE
IN
MYSELF**

**I am
helpful**

**I AM
A GOOD
FRIEND**

Can you name 3 red -light foods?

How will you challenge yourself today?

What is something you've done that you didn't think was possible?

Name a nutritious food to go with each letter in your name.

Name 3 of your favorite vegetables.

Pick 3 words to describe yourself.

Name 3 things you are thankful for.

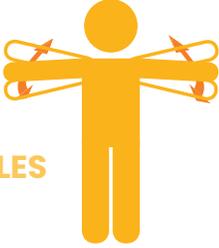
Who can you talk to when you want to cheer up and why?

Name 3 of your favorite fruits.

What can you do when someone makes fun of other kids at school?

How are you feeling today?

Can you name 3 green-light foods?

 <p>ARM CIRCLES</p> <p>With arms straight out to your side, raise them to shoulder height and move them in circles.</p>	 <p>DANCE IN PLACE</p> <p>You don't need music to dance! Let loose and show off your fun dance moves.</p>	 <p>REACH HIGH</p> <p>Reach as high as you can! Stretch your arms high into the air.</p>
 <p>BUTT KICKS</p> <p>Kick your butt one leg at a time. Keep your arms moving too!</p>	 <p>RUN IN PLACE</p> <p>Move your arms and legs to run while staying in the same spot.</p>	 <p>BACK STRETCH</p> <p>Sit tall with your back straight and shoulders back. Bend forward until you feel a slight stretch from your neck down your back. Hold.</p>
 <p>ARM ACROSS CHEST</p> <p>Bring one arm across your chest and hold. Release, then repeat with your other arm.</p>	 <p>TOE TOUCHES</p> <p>Stand with your feet together. Reach down towards your toes as far as you can comfortably go. Hold. Bring your upper body back up. Repeat.</p>	 <p>SIDE STRETCH</p> <p>Spread your feet a little wider than the width of your shoulder. As you bring one arm over your head; lean with your body to one side. Hold. Switch sides.</p>
 <p>QUICK PUNCHES</p> <p>Pretend you are a boxer! Form your hands into fists then punch the air in front of you by alternating fists. How fast can you punch?</p>	 <p>CHEST STRETCH</p> <p>Sit tall with your back straight and shoulders back. Reach your arms behind your back. Clasp your hands together. Lift your chest and slightly raise your arms until you feel a small stretch. Hold.</p>	 <p>FROG JUMPS</p> <p>Squat down like a frog with your hands touching the floor. Jump straight up and come down to starting position.</p>

TREE POSE



Balancing on one leg, place the bottom of your opposite foot on your ankle, calf, or inner thigh. Be sure to avoid the knee. Bring your hands to heart center at the chest. Breathe deeply. Switch sides.

BOW POSE



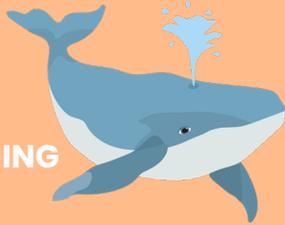
Lying on your stomach, bend your knees to bring your heels toward your bottom. Reach your hands around to grab your ankles. Lift your knees and chest off the ground to balance on your belly. Breathe deeply.

CHAIR POSE



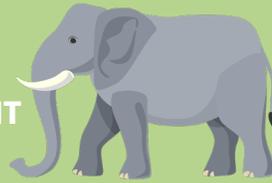
Standing with feet hip-distance apart, bend your knees and sit your hips back as if you are sitting in a chair. Hold your arms out straight in front of you, palms of hands facing each other.

WHALE BREATHING



Sit up tall and take a deep breath in. Hold your breath and count to 5. Tilt your head up and pretend you are peaking out of the water and blow all the air out!

ELEPHANT POSE



Standing with feet hip-distance apart, bend over at the hips and hang your head. Let your arms hang down towards your toes and clasp your hands together to make an elephant trunk. Let your arms swing back and forth.

BEAR POSE



Come onto your hands and knees. Stack your shoulders over your wrists and hips over your knees. Tighten your stomach muscles and lift your knees off the ground. Hold the pose.

BUTTERFLY POSE



Sit on your bottom and place the bottoms of your feet together. Sit tall with your stomach tight and rest hands gently on your knees. Move your legs up and down like butterfly wings.

COBRA POSE



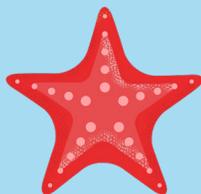
Lying on your belly, place your hands by your sides with the palms of your hands on the ground. Use your lower back muscles to lift your chest up off the ground. Keep your hips and tops of feet on the ground. Breathe deeply.

FORWARD FOLD POSE



With your feet hip distance apart and a soft bend in the knees, fold your chest forward towards your thighs. Drop the top of your head towards the mat and let the hands relax on or toward the ground.

STARFISH POSE



Step your feet far apart. Raise your arms above your head and make a star with your body. Hinge forward at your hips and try to touch your toes. Raise back up to a star position and do one star jump.

LION BREATHING



Sit on your knees with your bottom on your heels. Keep the tops of your feet flat on the floor. Put your hands on your knees like lion paws. Sit up tall and relax your shoulders. Take a big breath in. Then open your mouth wide, stick out your tongue, and ROAR like a lion as you breathe out!

CHILD'S POSE



Start kneeling on all fours with your big toes touching. Sit your hips back toward your heels and walk your arms out in front. Press your chest towards the ground. Rest the forehead on the ground and breathe deeply.

How were you helpful to someone today?

What does it mean to be brave?

If you could make tomorrow's lesson plan, what would you want to learn?

How do you be kind to yourself?

What are 2 things you can do to show kindness to others?

You see someone sitting alone at lunch while everyone else is together and talking. What do you do?

Who is the kindest person you know?

A new student has joined your class. What can you do to make them feel welcome?

What does it mean to "put yourself in someone else's shoes"?

What is one thing you hope to do better tomorrow?

Can you think of a time someone showed kindness to you? How did it make you feel?

What does kindness mean to you?

Build trust by respecting your friends and their opinions.

Share what you have! If you have more than enough of something, like pencils or stickers, offer some to a friend.

Understand that disagreements and conflicts are a normal part of friendship and commit to working through them.

Refuse to say unkind things about your friends, even when they make a mistake. We all make mistakes sometimes!

Show you care through your actions. What is one way to show you appreciate a friend today?

Celebrate differences and appreciate everyone's unique qualities.

Friends help each other! Offer to help a friend with an assignment, studying, or clean up!

Write down 3 kind things about someone and give it to them today to show kindness.

Make a card for a friend to let them know they are appreciated today.

Friends have other friends too! It's okay if your friends play with others sometimes or want to be by themselves.

Check in with your friends regularly, especially during tough times.

Recognize that differences are not bad; friendship thrives on understanding and appreciating how unique each person is.

Smile at everyone you see today!

Take time to say "hi" to someone you don't usually talk to.

When friends do something super cool, like score a goal or get a good grade, make sure to cheer for them!

Remember that every friendship begins with someone reaching out, so don't hesitate to invite someone to do something.

Get to know others better by asking questions.

Take responsibility for your actions by apologizing when you make a mistake with a friend.

If your friend makes a mistake, try to forgive them and move on.

Want awesome friends? Be an awesome friend back!

Recognize that friendships come in many forms; embrace a variety of connections.

One way to make new friends is by doing things you enjoy - you might meet other kids who like the same things as you!

Being a friend means listening to what your friends have to share.

Show your support to a friend by offering comfort when they seem down.

Be willing to evolve with friendships. As you and your friends change over time your friendship might also change.

True friendships are built on real connection, so don't feel the need to pretend or be someone you're not.

Help someone laugh, try a new thing, or remind them of their strengths today!

Practice patience with one another, understanding that everyone has their own pace.

Friends are truthful about what they say to each other.

Friends respect each other and consider their feelings.

Be kind and include others by inviting someone who is sitting alone to join your activity.