

Mindful Memo

Week 13– November 1st – November 5th - RCMA Wimauma Community

Self-Care: Embrace Your Inner Child

Even though we're educators, we can learn a lot from kids. It's so easy to get bogged-down with adult responsibilities and monotonous routines. This week's challenge is to embrace our inner child. Remember what it was like to play? Or come home from school and run around outside until the sun went down? Embrace the following amazing qualities of children, and have a little fun this week.

Curious - Ask questions. Never stop learning new things. Be amazed by the little things. Immerse yourself in nature.

Active - Take time to play. Go outside. Explore.

Adaptable - Don't sweat the small stuff. Embrace change. Roll with the punches. Embrace imperfection.

Fun - Find the humor in life. Take time for a little mischief. When all else fails, laugh.

Present - Don't worry about the future. Enjoy the moment. Trust everything will be okay.

PLAY