

# Mindful Memo

Week 6 – September 13<sup>th</sup>-17<sup>th</sup> - RCMA Wimauma Community Academy

## The Little Things...

This week's challenge is to remember the little things make a big difference, not only in our own well-being, but in the lives of those we care about most. If you need some inspiration on how you've taken time to remember the "little things" in prior school years, read the below messages I've received throughout our weekly challenges:

"This week I put in more time to work out in my schedule as well as family time. We went on a walk and to the park after school/work and we plan to continue this at least 2 times during the week."

"I bought myself flowers this week after a very long day."

"I did great! I was so "in the moment" with students on Wednesday, I forgot about the staff meeting!!"

"I have been working hard to keep that phone away! I turn it off at night so I don't get on it. I even took time to read for pleasure last night!"

"Yes, I embraced the bad and thought before making rash decisions!"

"This is a good one for me because I need to learn and relax when I can't control certain things and just let them flow off my shoulders and try to deal with what I can. I need to remember one step at a time and it will work itself out."

"I am even greeting my scholars at the door making them greet me with eye contact."

"This week I took the time to have lunch with my teammate. I usually work and eat during this time but it was nice to step out the classroom and have conversation about us and not just school related topics. Also, this week I have been organizing my classroom and making sure my area is clean for when I come in the next day."

"This week I took time to organize my space, spent my break in the courtyard with a friend/co-worker, and took walks. I completed this week's challenge by breathing the right way like a dozen times every day!"

"I did it in class when some students were having trouble listening and following directions. I told the students that I'm taking a mindful moment! Well-deserved today!!"

"This week, I reminded myself how thankful I am for my family, my faith, and for all that I am fortunate to have such as a house, car, and ability to provide food."

"I practiced self-care by taking 15 minutes for myself to journal my thoughts, feelings, and anything I needed to release. I also write positive affirmations to center my days around."

"I started writing down what I do each day for self-care, at the end of the day in a special calendar, a few weeks ago. It is my promise to myself to maintain self-care this school year. By writing it down, I can give myself a pat on the back, as well as (hopefully) notice if a few days go by w/o any self-care."

