





Summer Bucket List



DREAM DESTINATIONS



1.
2.

BEACHES TO VISIT



1.
2.
3.
4.



CAMPING SITES



1.
2.
3.

SUMMER ADVENTURES

1.
2.
3.
4.



MUST TRY FOODS

1.
2.
3.
4.
5.
6.



IMPORTANT

[illegible]

Summer Plans

List your summer plans. Then, draw your favourite summer activities.



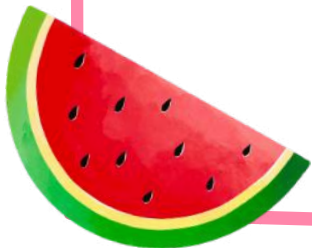












JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



NOTES:

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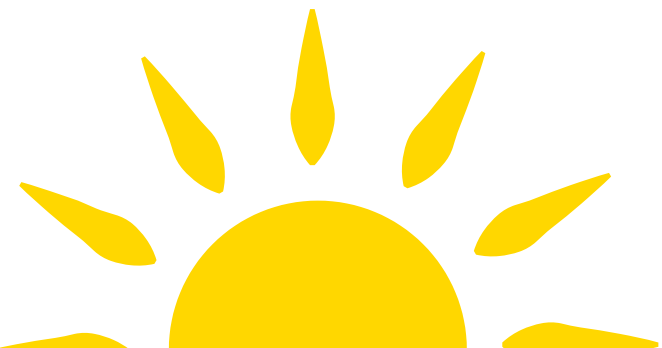
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TO-DO LIST:

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JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOTES:

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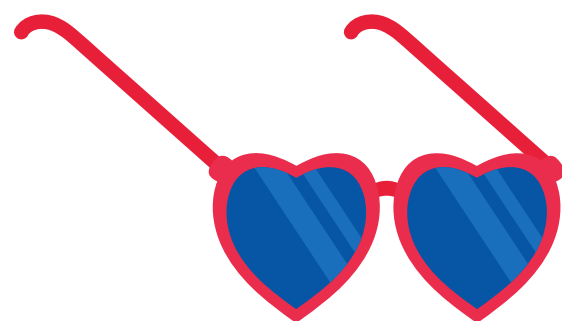
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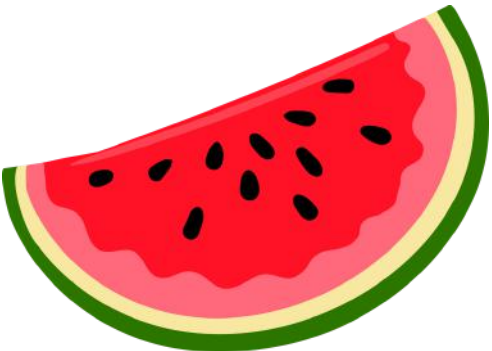
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AUGUST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOTES:

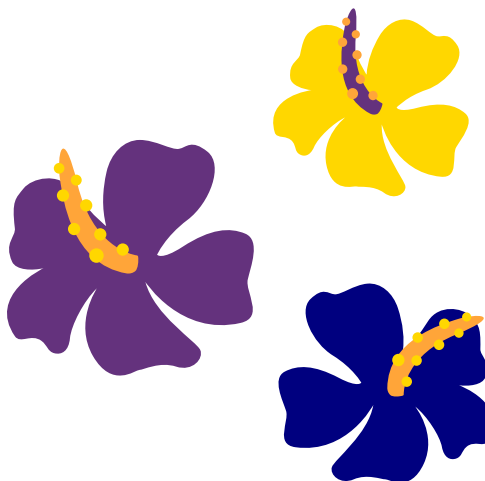
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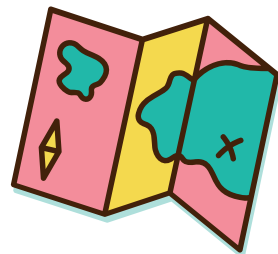
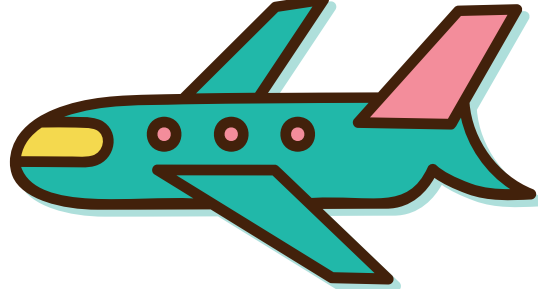
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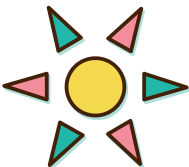
TO-DO LIST:

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Monthly Planner



Sunday

Monday

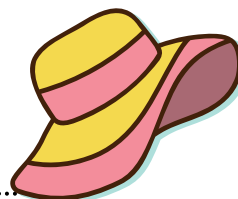
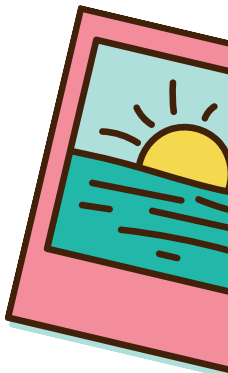
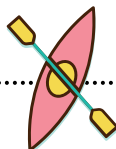
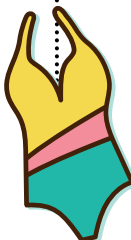
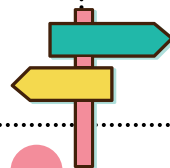
Tuesday

Wednesday

Thursday


Friday

Saturday




MINDFULNESS WEEKLY CALENDAR


Week # _____ Dates: _____

**Motivation
Monday**

- ACTIVITY:**
- Compliment yourself.
 - Add your compliment to the class group work document.

**Gratituesday**

- ACTIVITY:**
- Create a social media post for a person you are grateful for.

**Wellness
Wednesday**

- ACTIVITY:**
- Take a few minutes and do nothing.
 - Pick a comfortable spot around the room.
 - Breathing exercises.

**Thinking
Thursday**






- ACTIVITY:**
- Look at the list of the 30 New Things To Try
 - Pick a random number to do.
 - Tick the number when done.

**Feel-good
Friday**

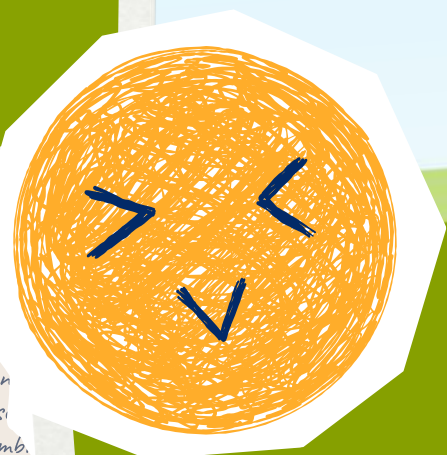
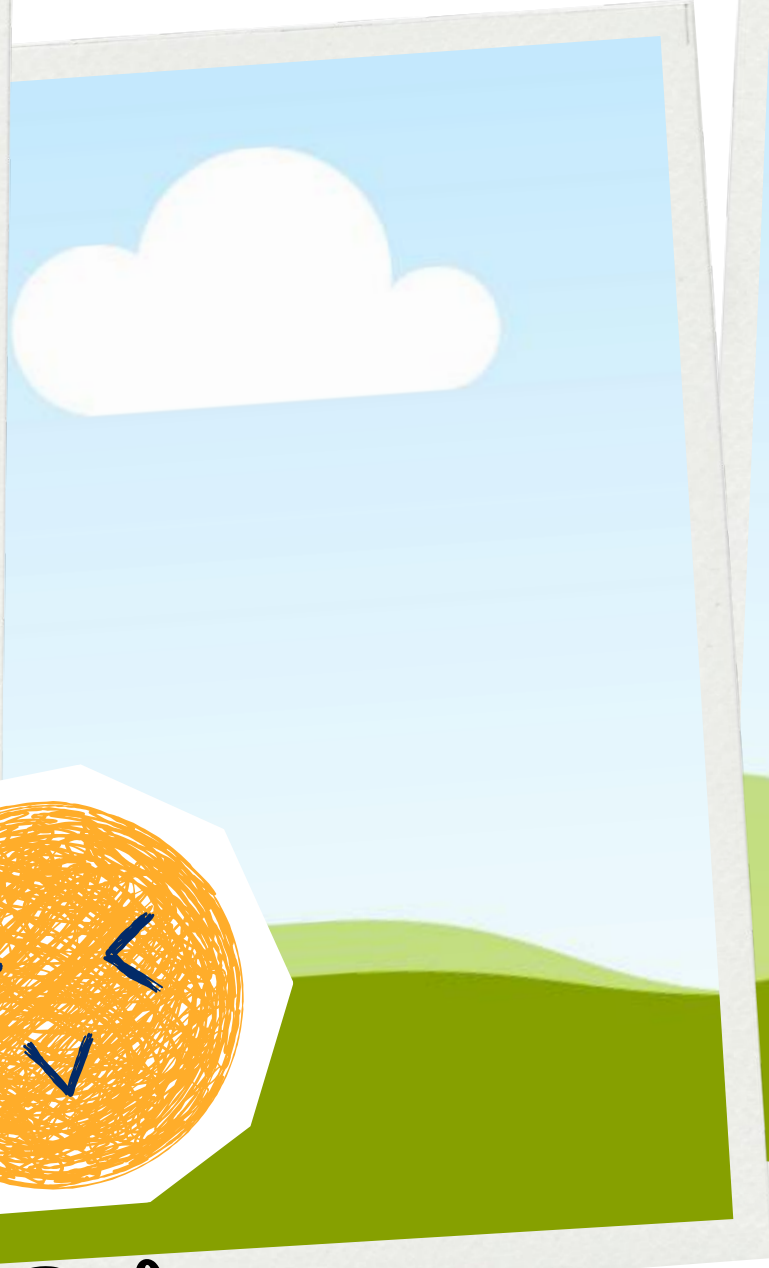
- ACTIVITY:**
- Self-care activity
 - Pick from a list of what you can do.

MINDFULNESS WEEKLY CALENDAR

Week # _____ Dates: _____

<div> Motivation Monday</div>	<div> Gratituesday</div>	<div> Wellness Wednesday</div>	<div> Thinking Thursday</div>	<div> Feel-good Friday</div>

a tranquil pond, nestled in a lush garden. Stood a solitary lotus flower, elegant and timeless. s, with its roots firmly planted in the mud. Rose gracefully above the water, untouched by impu ent to resilience and the pursuit of enlightenment. One day, a young girl named Mei visited th aptivated by its delicate pink petals. Enchanted by the aura of peace it exuded. Intrigued by templatation, she sought to understand. The deeper wisdom the lotus held in its graceful form an with the lotus grew. She felt a profound sense of harmony and clarity, Inspired by it o years, and Mei blossomed like the lotus. Her heart opened to the world, radiating rightly, spreading love's gentle touch. Word of Mei's transformation reached the v n by her inner light. Seeking solace, seeking answers, seeking their o red her wisdom. Guiding others to find peace amidst life' uaver:



's spirit shone brightly, spreading love's gentle con y flocked to the garden, drawn by her inner light. Seeking sounce, seeking answers, seek er the shade of the lotus tree, Mei shared her wisdom. Guiding others to find peace amidst too could rise above challenges, their spirits unwavering. And so, the garden became a san ired by the lotus, Mei's story inspired many. To embrace their own journey of growth and s e seasons changed, the lotus continued to bloom. Its petals unfurling with every dawn's emb. a tranquil pond, nestled in a lush garden. Stood a solitary lotus flower, elegant and timeless. s, with its roots firmly planted in the mud. Rose gracefully above the water, untouched by impu ent to resilience and the pursuit of enlightenment. One day, a young girl named Mei visited th aptivated by its delicate pink petals. Enchanted by the aura of peace it exuded. Intrigued by templatation, she sought to understand. The deeper wisdom the lotus held in its graceful form an with the lotus grew. She felt a profound sense of harmony and clarity, Inspired by it o years, and Mei blossomed like the lotus. Her heart opened to the world, radiating rightly, spreading love's gentle touch. Word of Mei's transformation reached the v n by her inner light. Seeking solace, seeking answers, seeking their o red her wisdom. Guiding others to find peace amidst life' uaver:

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Here and now — all I need ✨ ✨ ✨