



MKPS NEWSLETTER

VOL. 2, 5TH MARCH, 2021

TERM CALENDAR

TERM ONE 2021

MARCH:

- 3rd - Hearing Awareness Day
- 5th - Clean up Australia Day & Zone Swimming
- 12th - Crazy Hair for Greatest Shave
- 15th - P&C Meeting - NEW DAY Mon
- 8th - Harmony Day
- 19th - Ride Safely to School Day
- 22nd - Lots of Socks Day
- 22nd - 23rd - Communication Generation
- 23rd-25th - Life Education Van
- 26th - Purple Day for Epilepsy

APRIL:

- 1st - Easter Hat Parade & Last day of Term 1
- 2nd - Good Friday and start of School Holidays
- 19th - Staff Development Day - NO STUDENTS
- 20th - official start of Term 2 - students return

CRAZY HAIR & GREATEST
SHAVE ON FRIDAY!



PRINCIPAL'S MESSAGE

HALFWAY THROUGH...

We're halfway through the term and MKPS has settled into a nice rhythm and productive energy. The students have been engaged in enriching learning experiences and are delving deeper into their learning inquiry questions.

March will be busy with many special days to acknowledge and raise awareness for issues affecting some members of our community (and therefore, are important to us). Harmony Day is especially important as the whole premise is on inclusive practices and celebrating diversity (check out the canteen flyer later in the newsletter advertising their special "Orange Menu" for Harmony Day). A note was sent home outlining some of these events, where we are requesting something of you (gold coin, dress up guidelines etc). See the calendar to the left to see what we are planning to do this month and check out the information later in the newsletter!

It is so exciting that restrictions have eased a little more and we are now able to sing and dance, as well as having a family representative attend our assemblies (starting in Week 8)!

We held our induction assembly this week, where our School Parliament representatives and ministers were 'sworn in' after reciting the oath. The students have run their first session of Parliament and it looks like it will be a productive year ahead!

Mrs Hughes!



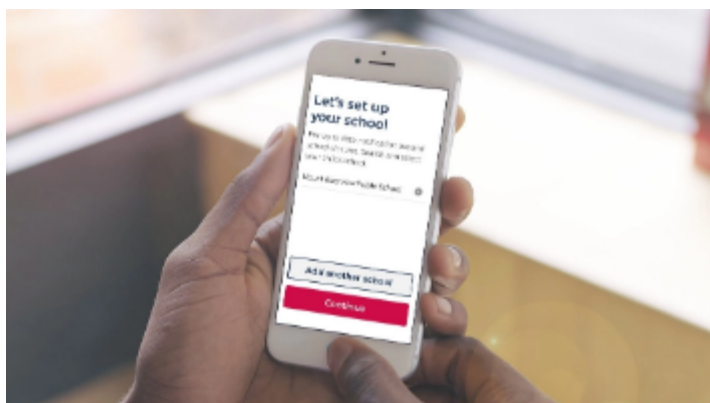
Please follow health
orders and wear a
mask if entering any
indoor space

ATTENTION

Thank you for your understanding and for following our guidelines for Covid-safe school operations. Now that vaccines have been approved, I feel like there's an end in sight, of when we can return to a busy, bustling place, with parent helpers and visitors, but until then, please remember that **parents, carers and other non-essential visitors are not permitted on school grounds** without prior arrangements/invitation. When going indoors, please use the **QR code** displayed to check in and please **wear a mask**. Visitors should leave the school grounds within 10 mins of the end of the reason for attending.

Students and staff must not attend school or work if they are unwell, even with the mildness of symptoms including fever, cough, sore throat, shortness of breath, loss of taste, and loss of smell. Students and staff need to receive a negative COVID-19 test result which must be sighted by the school AND they must be symptom free before their return to school.

Later in the newsletter, I have included the letter I distributed last week informing our families of the latest Covid-safe guidelines currently in place.



NSW School Updates app

The NSW School Updates app allows parents and carers to receive operational status updates for NSW public schools.

Communication Methods

We encourage open and trusting relationships between home and school. Two-way communication is key to building productive partnerships to nurture each student's learning. It is important to let the class teacher know when there is anything happening in your child's life that may affect their mood, behaviour or learning.

Please remember that there are processes to follow when wanting to meet with the class teacher to discuss your child. **The class teacher is always your first point of call. Please do not take time away from the class by initiating a discussion with the class teacher during class time. You can request a meeting time via the office, or directly with the teacher. If you need to escalate your issue with an Assistant Principal (AP), please note that Mrs Waight will look after K-2 and Miss Wargren and Mrs Connolly will look after Years 3-6. After this, the last step is to speak with principal - that's me, Mrs Hughes. You can request a meeting via the office.**

Communication Platforms

SkoolBag: We currently are using the SkoolBag app to provide quick updates and reminders to families. Please make sure you have the latest update and enable push notifications via your phone's settings.

Sentral Parent Portal: The Parent Portal will soon take over SkoolBag and become the main form of communication from the school to our families.

Facebook: We often report on special events on our Facebook page. Please "Like" our page as well as our P&C's Facebook page.

SeeSaw: Teachers may choose to share classroom news with class parents via the SeeSaw app. You will need to have the app downloaded with notifications enabled.

Google Classroom: Some classrooms use this digital platform for learning. Students will have logon details if appropriate.

Please note that parents should only send important messages such as reasons for absences via SkoolBag or traditional note, email or phone call. SeeSaw and Google Classroom are more informal forums and not considered a two-way communication platform.

ROUGH *play*

Teachers have noticed an increase in rough play in the playground. It is becoming a problem, as some children are getting hurt. There does not seem to be any malice involved, and all involved are joining in with equal enthusiasm. However, we do not want anyone to get hurt during this type of play.

We ask your assistance in speaking with your child about safe play when at school and for them to follow teacher directions. Also, please encourage them to report any injuries to a teacher, as there have been a few children who have not done so and we have not had the opportunity to help them or talk to those involved.

All K-2 students were spoken to at school about this, so now would be a good time for you to follow-up at home, so that we can present a consistent message, and help to keep everyone safe at school. Thank you.



PARENT PORTAL *via Sentral*

We still have just 4-5 families who are yet to register for the Sentral Parent Portal. During this term we have been testing out different features and we are hoping to transfer fully from Term 2 and discontinue our SkoolBag subscription. Don't delete the app yet, though to make sure you don't miss anything while we transition over.

Why Sentral? We already use this system for many of our other school operations, so we we'll save on subscription fees of multiple platforms.

SCHOOL UNIFORM *and school hats*

Please remember that students are expected to wear an official school hat as part of their school uniform. We are seeing a few different coloured and patterned hats creeping in each week, which is a shame as it undermines our sense of unity and belonging.

The Cancer Council recommends a wide-brimmed hat for younger primary school-aged children, as it provides protection to the precious, vulnerable skin of the neck, ears and cheeks from the damaging sun's UV rays. We do have caps for seniors or PSSA teams only.

We understand that sometimes, hats become misplaced, and there will be times when your child does not have their school hat. In these rare occasions, it is OK to send a non-school hat on sports and PE days. The students will still need to participate in sport and PE and they should be wearing a hat to do so - so while the school hat is still preferred, any hat will do, so your child is protected. However, non-school hats will not be permitted to be worn at lunch or afternoon tea times and children will be directed to play in the shade.

Our uniform shop is open on Wednesday mornings. You can order and pay online.

Below is the approved wide-brimmed hat for K-6 (and the cap which is optional for seniors).

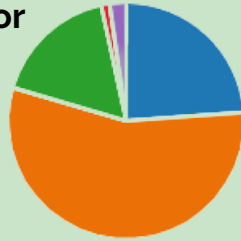


SURVEY RESULTS

Thank you to everyone who took the time to respond to our survey this week.
If you haven't already, please do so and your response will be added to the results.

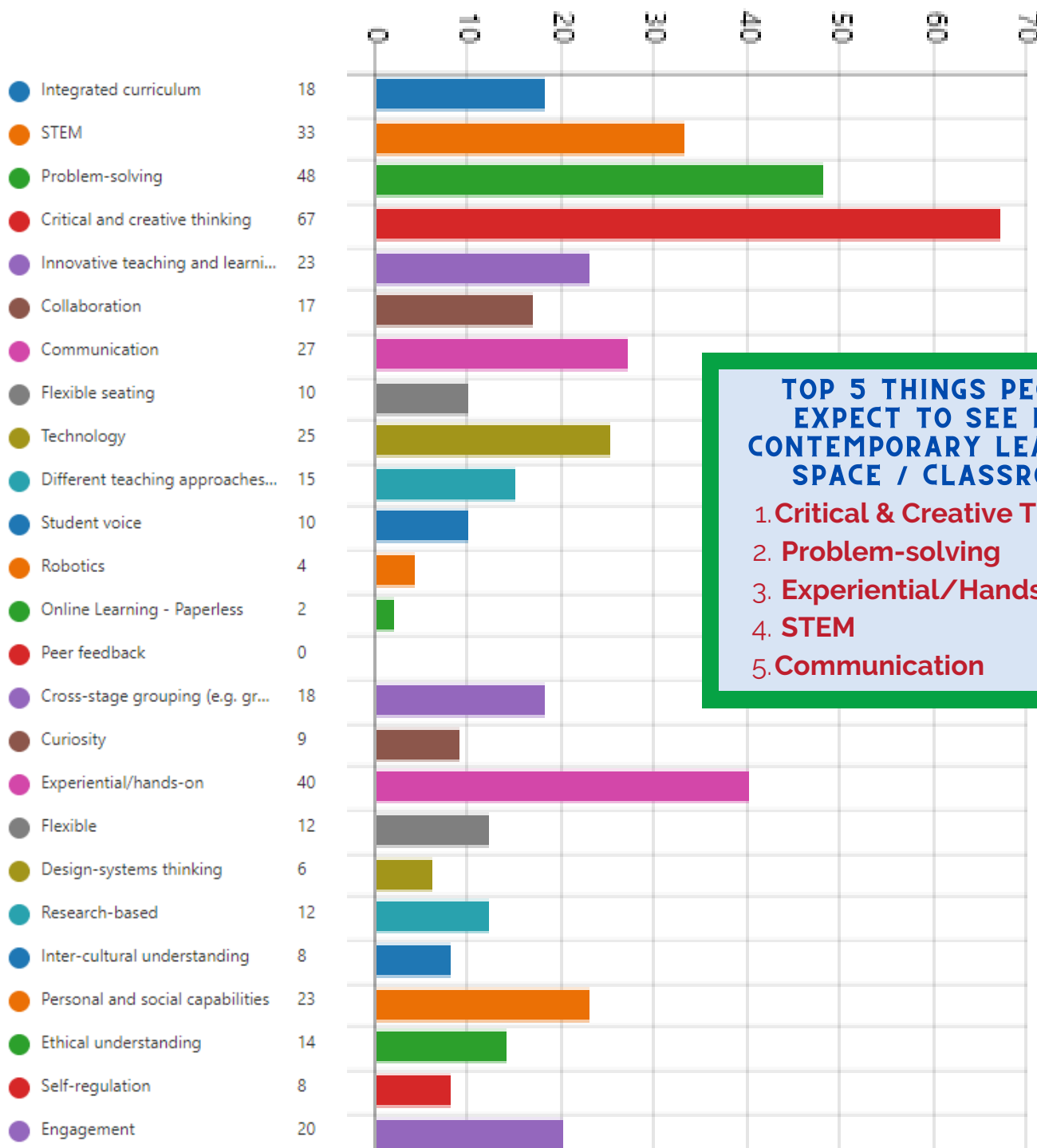
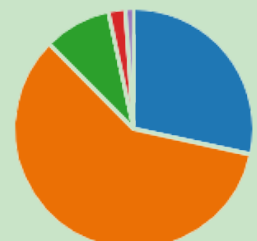
80% agree that our school provides innovative learning experiences to prepare our students for the future.

80%



87% agree that our school is always focused on getting better at what we do.

87%



TOP 5 THINGS PEOPLE EXPECT TO SEE IN A CONTEMPORARY LEARNING SPACE / CLASSROOM

1. Critical & Creative Thinking
2. Problem-solving
3. Experiential/Hands-on
4. STEM
5. Communication

Woo Hoo - Welcome to 1/2W!



1/2W has had a wonderful start to Term 1! Over the past few weeks we have been settling into our routines and practicing our expectations for the new year. We are building our resilience levels by re-training our brains to think positively and develop growth mindsets. This includes using a variety of strategies to solve problems, reminding ourselves about the power of "yet" and having a go and participating in every lesson to the very best of our abilities.

Each week, students present to their classmates during their Speaking and Listening session focusing on weekly topics. It has been very interesting learning about our class members favourite books and toys! There has been lots of funny books shared and amazing pictures of our pets and some of us even feeding giraffes! During our Literacy rotations we have been listening to, and reading along with our Epic books and completing spelling and comprehension tasks using the iPads and laptops.

Mini Roos for sport has been a great soccer program and the coaches have taught us some impressive tricks - no wonder we are tired of a Friday afternoon!





Welcome to Synergy Hub!

Synergy Hub has been just that - a hub that has seen interaction and cooperation from all of our students to produce a combined effect greater than the sum of their separate effects.

The students spent the first weeks navigating the spaces of our Hub, trying all the different types of flexible seating. During this time routines and expectations were discussed and established, as a result Synergy Hub are now in full swing of our academic year.

This year we are using a program called Banquer, this is an online tool that mimics our everyday online banking. It allows the children to manage a budget, explore career paths and much much more. At this stage the students have created CVs, applied for jobs, successfully accepted jobs and as a result developed a budget to reflect their new income.

This term we are integrating our Science and History and Geography unit. We are discovering how the early settlers came to Australia and how we established those early colonies. We will discover how migrants played an important part in our history and how the discovery of gold shaped our nation. We will discover forces and energy in science and link that to our geography unit.

We both wanted to thank all the parents who shared valuable information about your child/ren during the Parent teacher conferences. We appreciate your time and find the information a great source of knowledge to use and refer back too. It was also great to invite and have you in our classroom, be it for a reduced amount time it almost felt 'normal' again. Hopefully these restrictions continuing easing and you are back on site before we know it.



VISIT FROM ASQUITH BOYS AND GIRLS HIGH SCHOOLS

High School

On Friday, Week 4, Asquith Boys and Girls High Schools came and visited the Synergy Hub to talk about and answer some questions on High School. They presented a slideshow and video about their schools, then handed out notes explaining dates and times for certain open days. We all learned a lot about High School, and are now really excited to go. This was a great opportunity for us to get an insight into their day and ask questions.



High School Open Day

Student Perspectives

On Thursday, the 18th of February, some of us were lucky enough to spend the day at Asquith Girls High School for an experience day. My day started off with Maths, where we talked about chance and when we would have to use it in real life. After that we walked over to the English classroom, where we learned the difference between similes, metaphors, hyperboles and personification. Next it was recess, which lasted for around 20 minutes. We got to sit and eat our food with all the other groups. Then we had my personal favourite, 2 periods of dance. We got to create our own choreography that matched the song that was playing, and perform it to everyone else. Then it was lunch time, which lasted for 40 minutes. Our last lesson was a double period of science, where our job was to learn to dissect a cow's eye, and then do it ourselves. Overall, the day was really fun and I learnt so many new things. I really got to experience what high school is like.

by Claire

On Thursday the 18th of February most Year 6 boys went to the Asquith Boys High School Experience day. We can all agree that it was great preparation for high school. We experienced 4 periods: Science, Food Tech (Cooking), English and Visual Arts. For Science, we experimented with chemicals and bunsen burners. We experimented with chemical reactions and saw the outcomes of them. In Food Tech, we baked cookies and after got to eat them. They tasted delicious and it was so fun to cook with my friends. For English, we had to solve a murder mystery in teams. We all got alibis and motives and had to figure out who did it. Finally, for Visual Arts, we painted a picture using items like leaves, foam and bubble wrap. It was interesting to find what else can make art other than pencils and paintbrushes. We also got to walk around the school and see what it was like and we also got to go in the Year 7 area at recess and lunch. We had to navigate around the school as we went to our classes. It was really fun and exciting to find out what it's like to be at high school. I think it all made us excited for high school and we can't wait to learn new things.

by Eddie



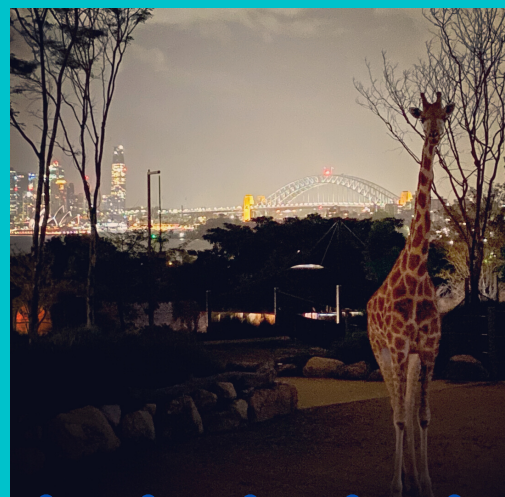
ZOO SNOOZE

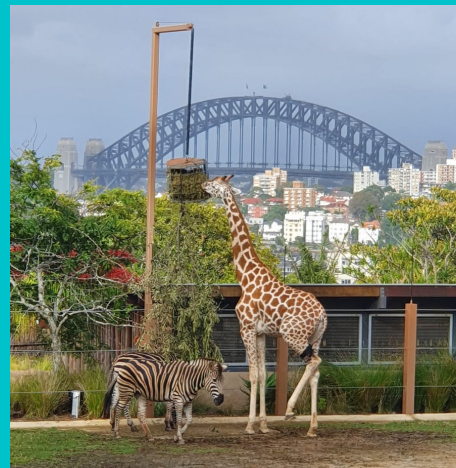


In Week 4, our Stage 2 students enjoyed an overnight stay at Taronga Zoo for the ZoonsnooZ experience. Thursday night saw the students get an opportunity to participate in a night tour of the Zoo. This allowed them to see all of the animals active at night, along with a close encounter experience with some friendly reptiles before bed.

On Friday, students were challenged to their limits with the participation on the Wild Ropes courses which ascends over the zoo, along with a tour of the zoo with teachers and parent helpers. All the students handled themselves very well and showed great courage and skill on the high ropes courses.

A massive thank you to Mr Tapping for all of his efforts organising the excursion, and the 72 notes he sent home in the weeks leading up. Thank you also to Mrs Connolly for all of her help across the two days, as well as all of the parent helpers who assisted on Friday with supervision. It was greatly appreciated. This is always a great excursion on the MKPS school calendar and one that leaves lasting memories for all of the students (and teachers!).







WELCOME TO OUR
Kindies 2021



SWIMMING CARNIVAL

It has been a very sporty start to Term 1 at MKPS!

Week 2 saw our MKPS Swimming Carnival take place at Hornsby Aquatic and Leisure Centre. Some last minute changes to Department and Venue guidelines allowed us to welcome back the school community which added to the carnival atmosphere on the day.

It was wonderful to see so many students challenging themselves and getting out of their comfort zones by taking part in so many events. There were some fantastic results, with a particular mention to Cooper J who broke the 12yr boys 50m freestyle record. This was a record that had not been broken for fifteen years! Congratulations Cooper.

A HUGE thank you to all of our parent volunteers, who without their assistance on the day, the carnival could not take place. Please know how much we appreciate you!

The Zone Swimming Carnival will be taking place on Friday 5th March. Good luck to all the students representing our school.







Leader's Loop



ASSEMBLY:



WEEK 4 3-6 MERIT AWARDS:

3/4S - Sam, Fiona, Michael, Charlie
 3/4T - Tommy, Alex, Luella, Lucy
 Synergy Hub - Claire, Cooper G, Annabel,
 Jack, Zoe, Anthony, Ayden, Thor

We're
back
together
again



WEEK 4 K-2 MERIT AWARDS:

K/1E - Louis, Jay, Charlie, Connor
 1/2S - Immi, Wallace, Skye, Ariana
 1/2W - Evie, Jack, Victoria, Andy

Prime Ministers:

Claire Keckman
 Edward Neate

FIRST PARLIAMENT

Deputy Prime Ministers:

Cooper Guthrie
 Jack Robson

On Wednesday, 24th February, we held our first Parliament meeting for 2021 with all of 3-6. The Prime Ministers hosted it, with the other ministers alongside them. Years K-6 gave their motions and we voted on them. Below are the motions that got passed:

- 'Facepaint day' was passed to the Ministers for Entertainment.
- 'Pair with a buddy class' was passed to the Ministers of Education.
- 'Smoothies in the canteen' was passed to the Ministers for Wellbeing.
- 'Reopening the library at lunchtime' was passed to the Ministers for Education.
- 'Update the girls uniform shorts and a shirt' was passed: Minister for Education.

Unfortunately, the motion for spraying the bathroom with pesticide was not passed, however we will still follow this up with the Governor General as a Health and Safety issue.

Keep an eye out for the next newsletter as we will give you an update on the progress of these motions.



Auslan Fingerspelling Bee Challenge



On Wednesday 3rd March our school celebrated World Hearing Day by dressing in the colours of hot pink, black and yellow. We raised \$178 for the Royal Institute for the Deaf and Blind.

Students in K-2 have been practicing their AUSLAN Finger Spelling in class over the last few weeks and a held a class competition. The finalists from each infants class participated in a final competition in the hall where the peers in K-5 encouraged and supported them as audience members.

Congratulations to our top spellers on the day:
Kindergarten: Nellie & Abigail
Stage One: Victoria, Ariana, Brianna

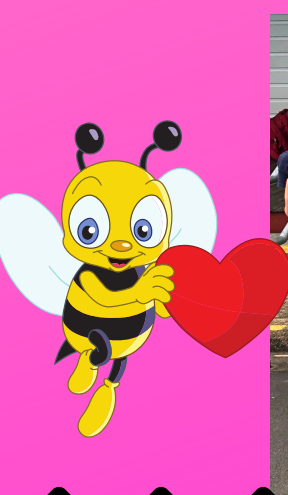
A special thank you to our judges Ms, Ryan, Annabel and Mrs. Els who had the very difficult job of eliminating finalists during the competition due to our students signing abilities!

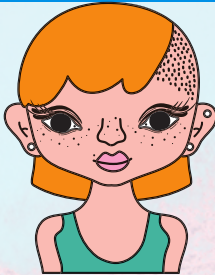
World Hearing Day
3 March 2021



HEARING CARE FOR ALL
SCREEN • REHABILITATE • COMMUNICATE







It was so nice to see everyone show their support for Michael & Zoe by wearing crazy hairstyles or hats and bringing a gold coin donation. So far we have raised \$124 to donate to such an important cause.



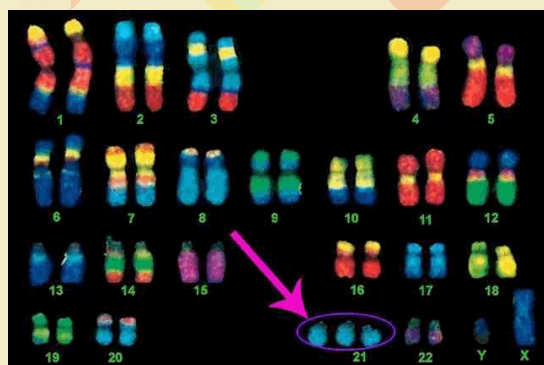
Crazy HAIR Day!

Congratulations to Michael for his courage to stand with those who have had no choice in losing their hair. Both Michael and Zoe addressed their peers with maturity and humility when explaining why they chose to participate in this event. Michael received a drum roll and were supported by his proud parents. Zoe and Michael were cheered on by the whole school. We are very proud of them!



Humans have 23 pairs of chromosomes. Chromosomes carry the information that makes us who we are, like what colour hair we have or if we are a boy or girl.

Chromosomes look like lots of pairs of socks. Some people have 3 "socks" in their 21st set of chromosomes. This is what causes Down Syndrome.



This is why the 21st of the 3rd month is Lots of Socks Day, when we celebrate what people with Down Syndrome bring to our communities.

On Monday 22nd we are asking everyone to wear crazy socks and bring a gold coin donation to raise funds for Down Syndrome Australia. Or why not buy an odd pair of socks for \$15.00?

WORLD DOWN SYNDROME DAY

LOTS OF SOCKS

21 MARCH
22

HELP US CELEBRATE
WHAT PEOPLE WITH
DOWN SYNDROME
BRING TO OUR
COMMUNITY

WAYS YOU CAN HELP

- *Purchase* our official 2021 socks
- *Wear* our official 2021 socks on 21 March
- *Donate* to "Lots of Socks" 2021 fundraiser
- *Visit* our website for more information

LOTSOFSOCKS.ORG.AU



BUY A PAIR OF SOCKS
FOR \$15



BRING A
GOLD
COIN

thank
you ♥

epilepsy
society

purple
day

26 march



Epilepsy – You can't
catch it and
You can't cause it

TO RAISE AWARENESS OF EPILEPSY, WE
ARE ASKING EVERYONE TO
WEAR PURPLE ON THE 26TH MARCH AND
TO BRING A GOLD COIN DONATION
FOR EPILEPSY ACTION AUSTRALIA.

CHECK OUT THE DESIGN COMPETITION BELOW

**Wear
Purple**





HARMONY DAY 2021

To celebrate Harmony Day, on **Thursday 18th March**, the canteen will be offering a special **Orange Menu!!**

Orange Juice Cup - \$1.00

Orange Jelly - \$1.00

Quelch - 70c

Orange Slushy - \$2.50

Mini Croissant - 50c

Spring Rolls x 3 - \$1.00

Party Pie - \$1.00

Sauce - 50c



everyone belongs
www.harmony.gov.au



Dear MKPS Families. Please read the following updates to our Covid restrictions, from the Department of Education:

The COVID-19 pandemic continues to affect the way we operate our schools, as well as across the wider community. We have now reached over 40 days without community transmission in NSW, and the rollout of the vaccination program is under way. The NSW Government has recently eased restrictions across the state on the advice of NSW Health. The Department has also continued to work with NSW Health to revise the current advice to schools. NSW Health has agreed to the following activities resuming across all schools in NSW:

- **Parents and carers are able to enter school grounds for specific purposes**, but should continue to follow COVID-safe practices, including social distancing of at least 1.5 metres between adults. This now includes walking your child to their classroom, picking up or dropping off a child who is arriving or leaving outside of normal bell times (eg for an appointment or leaving due to illness or injury) and coming up to the office if needed. Parents and other visitors will need to leave the school grounds promptly at the conclusion of their reason for being on-site. You are not permitted to sit on the outdoor furniture or mill around together and we ask that you **continue to wait outside in the afternoons** to avoid adults gathering together on-site.
- **Masks are no longer required** to be worn indoors, unless there is an event/function with a number of adults gathering and where physical distancing cannot be guaranteed (we will notify you of the relevant recommendation when communicating any event details). You are, of course, welcome to choose to wear a mask if you are more comfortable doing so.
- **All visitors to a school site must comply with sign-in arrangements.** This includes using the school sign-in sheet, completing an external visitors form and checking-in using the Service NSW QR code.
- Also, due to continuing restrictions on square metre rules, **no more than 3 people over the age of 12 years are permitted in the office foyer** at any one time. Again, due to the 1.5m distance that is required, please do not lean on or over the front desk to talk to Pm or Barb.
- Please remember that schools are also workplaces for our teachers and staff, so please be mindful when **approaching or talking with teachers and staff that you maintain at least 1.5m distance**. Appointments are still required if you would like to meet with your child's teacher or the principal.
- **Parents and carers can now attend school sporting events.** School sporting events should align with requirements for community sporting competitions and training activities in NSW.
- **One family representative may now attend fortnightly assemblies** providing that 1.5m distance between adults is maintained and you leave the grounds promptly at the end of the assembly. Our first assembly will be **Wed 17th March at 1:20pm**. Please wait outside the gate until a student leader comes to invite you in. Please note, that we will be running a special induction assembly on Wednesday 10th March, but this is an invitation only event
- **Singing and chanting in schools are now allowed by students, teachers and scripture teachers.** Other adults are asked not to sing at assemblies or other events until further notice.
- **Dance groups can now proceed in schools**, but organisers should comply with any venue restrictions. We are still finalising our extra-curricular groups and teacher volunteers to lead them, so more information will follow if/when it has been organised. It is unlikely that dance or choir groups will commence before next term.
- **It is still a requirement that staff and students not attend work or school if unwell, even with mild symptoms of COVID-19**, including, runny noses, coughs, fever or loss of taste/smell. Any person with any COVID-19 symptoms will be sent home and should not return until they have **received a negative test result and are symptom-free**.

Thank you for your understanding and ongoing support as we work through the ongoing pandemic. We are all contributing to keeping our community safe by following the recommendations and guidelines.

Thank you, Mrs Greta Hughes, Principal

Sing • Act • Dance

Perform in a Show!

FINDING MOOANA

Autumn Holiday Camps

We Give Kids Confidence

Ages 5 to 13 years



Pymble Public School

Tuesday 6 to Friday 9 April 2021

For full details and to BOOK online

www.kidsupfront.com.au

*We will comply with COVID restrictions

**kids
upfront**
DRAMA ACADEMY

2-DAY SUPER CAMP April

BOOK
online

DURATION: 2 DAYS **AGE: KINDY-YR6** **TIME: 8:30AM TO 3:30PM**
CAMP 1: 6TH & 7TH-MARIST BROS-WESTMEAD
CAMP 2: 8TH & 9TH-MUIRFIELD HIGH SCHOOL
CAMP 3: 15TH & 16TH-ASQUITH BOYS HIGH
BOOK: WWW.MOTIV8SPORTS.COM.AU/LOCATIONS/PARRAMATTA/

**CREATIVE
KIDS**

REGISTERED PROVIDER
Claim your \$100 voucher here



GET MOTIV8TED DURING THE APRIL SCHOOL HOLIDAY'S AT THE ONE AND ONLY MOTIV8SPORTS SUPER CAMP.

Held only once each year Super Camp is a sports festival designed just for kids. Way more than a sports dreamland Super Camp is an energetic mix of sport, music, street culture, art and dance mashed up to create the ultimate atmosphere for kids who love having fun. Campers will be treated to an incredible array of our trademark team sports in an environment full of energy, motiv8tion and unbelievable guidance from our professional team of coaches.

With a live DJ pumping the beats and multiple prize giveaways, this is an event not to be missed. Our 4 teams THE ROCKERS, PUNKS, HOPPERS & ELECTRO's will do battle to be crowned the Champions of Super Camp.

At all Motiv8sports events we use sport as a tool to motiv8, inspire, entertain and promote a healthy lifestyle. All camps are 8:30am - 3:30pm daily non-sleep over events.

Motiv8sports camps are designed for all abilities and focus on the energy and effort rather than a child's sporting ability. Children attending Motiv8sports Super Camp learn about sport, teamwork & sportsmanship in an environment fueled by incredible leadership and constant motivation. Operating for over 17-years Motiv8sports campers keep coming back because no one knows how to entertain like Motiv8sports. Campers are treated like superstars and our safety and supervision is second to none. We take sport, modify to ensure maximum participation then turn up the fun to new levels to create our innovative array of trademark sports.



motiv8sports

MOTIV8SPORTS.COM.AU

**IT'S OUR FAVORITE CAMP OF THE YEAR.
DON'T MISS OUT, BOOK TODAY!**



AFTERNOON KIDS' CLUB

AT ST JOHN'S ASQUITH

Thurs 25th and Fri 26th March
4 - 5.30 pm
\$10 for one day | \$15 for two days

ALL KIDS IN SCHOOL
YEARS 3 - 5 WELCOME

Book now stjohnsasquith.org
or phone 9482 3282



ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Set an intention to live with awareness and kindness

2 Notice five things that are beautiful in the world outside

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself. Try to use kind words

5 Take three calm breaths at regular intervals during your day

6 Bring to mind people you care about and send love to them

7 Have a 'no plans' day and notice how that feels

8 Eat mindfully. Appreciate the taste, texture & smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to just watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that need doing

15 Stop, breathe and just notice. Repeat regularly during the day

16 Get really absorbed with an interesting or creative activity

17 Look around and spot 3 things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Cultivate a feeling of loving-kindness towards others today

20 Celebrate the International Day of Happiness dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Walk a different route today and see what you notice

23 Tune in to your feelings, without judging or trying to change

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Notice when you're tired and take a break as soon as possible

27 Have a device-free day and enjoy the space it offers

28 Appreciate nature around you, wherever you are

29 Notice what is working today and be thankful that this is so

30 Mentally scan down your body and notice what it is feeling

31 Notice the joy to be found in the simple things of life

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together