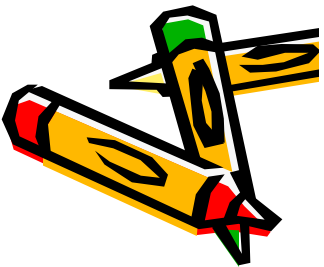


Today is

#BellLetsTalk

day.



Mindfulness at Allenby on Fridays helps us think about taking care of our minds and our bodies.

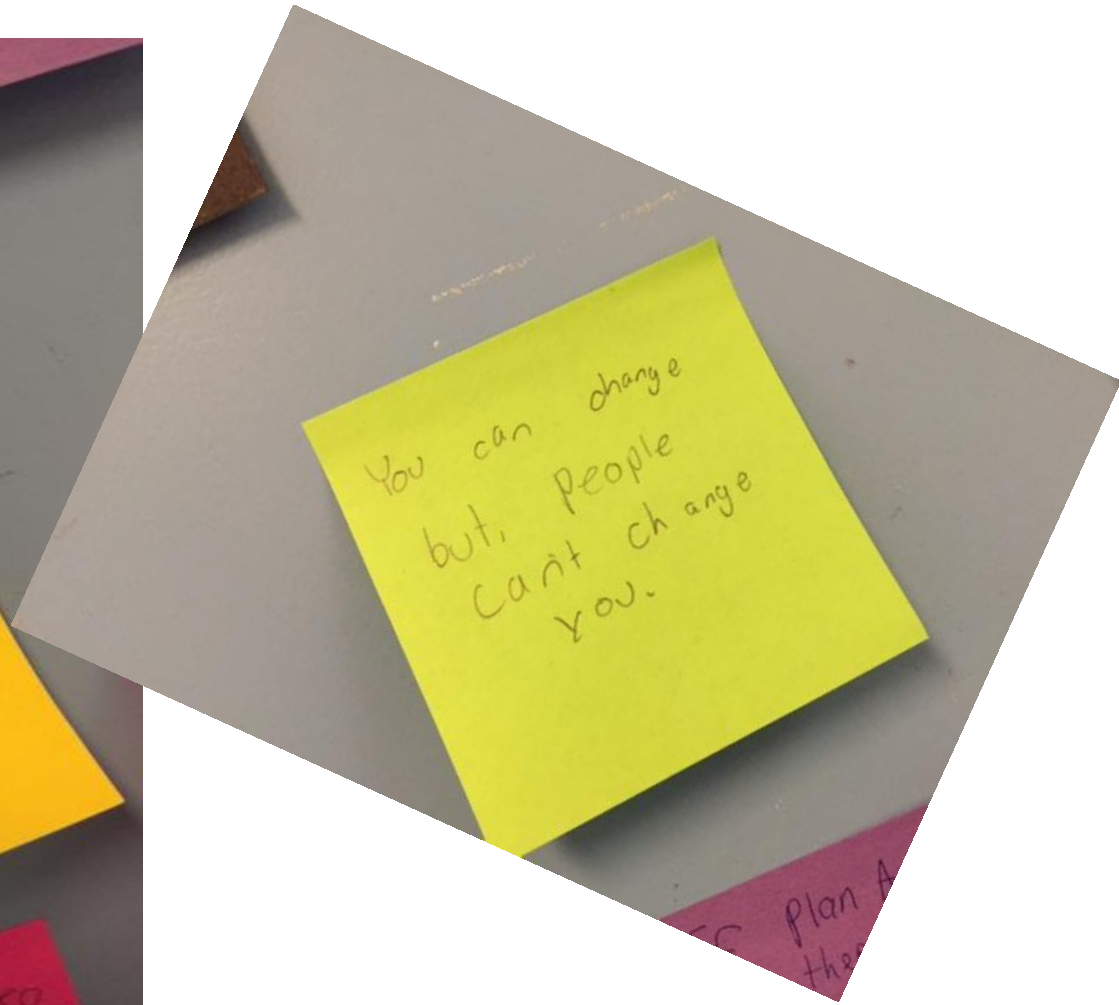
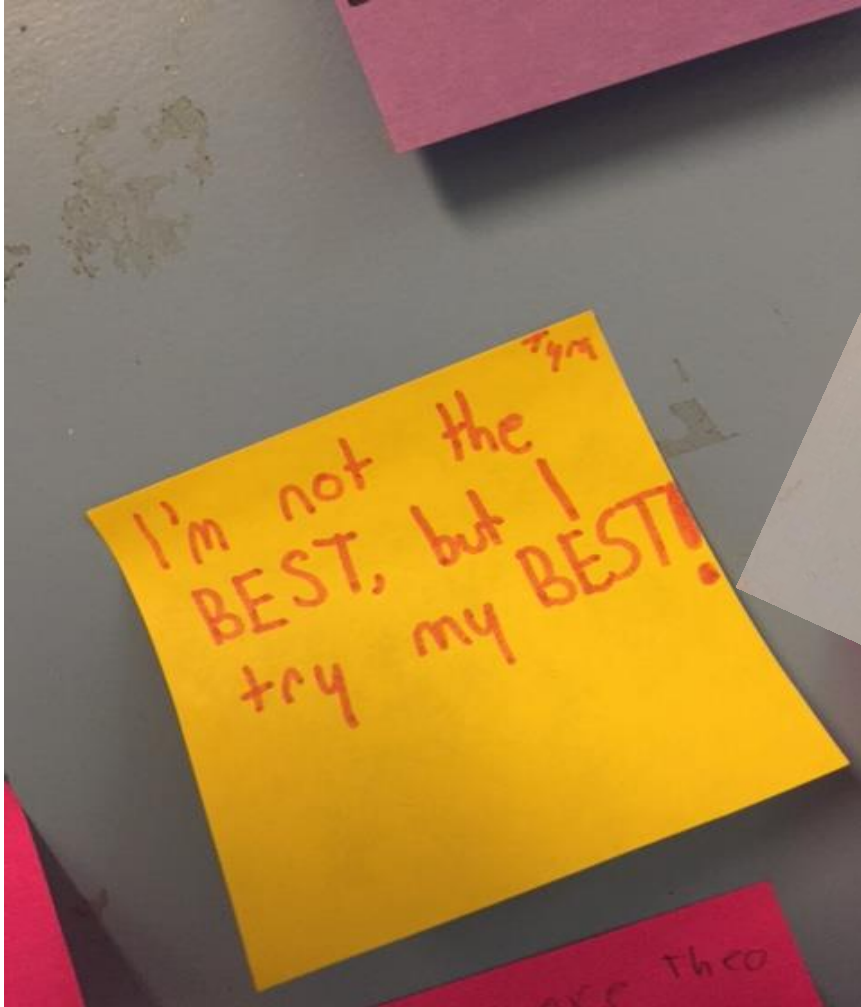


Listen for announcements and sign up.

Our Kindergarten classes love Yoga, deep breathing, and guided imagery too!



Room 111 has been collecting and sharing "MANTRAS"...



MANTRA

11

Minds

A person's mind is
your best friend

...

If you are frustrated
that means your
brain is growing
and getting
stronger

You can change
but people
can't change
you

I'm not the
BEST, but I
try my BEST

If you don't
write it down
it'll be gone
in the
blink of an eye

...

...

...

...

I want to make
the world a better
place but
I don't know
how to do it

...

...

Making a change
is something you
can only do
if you're also

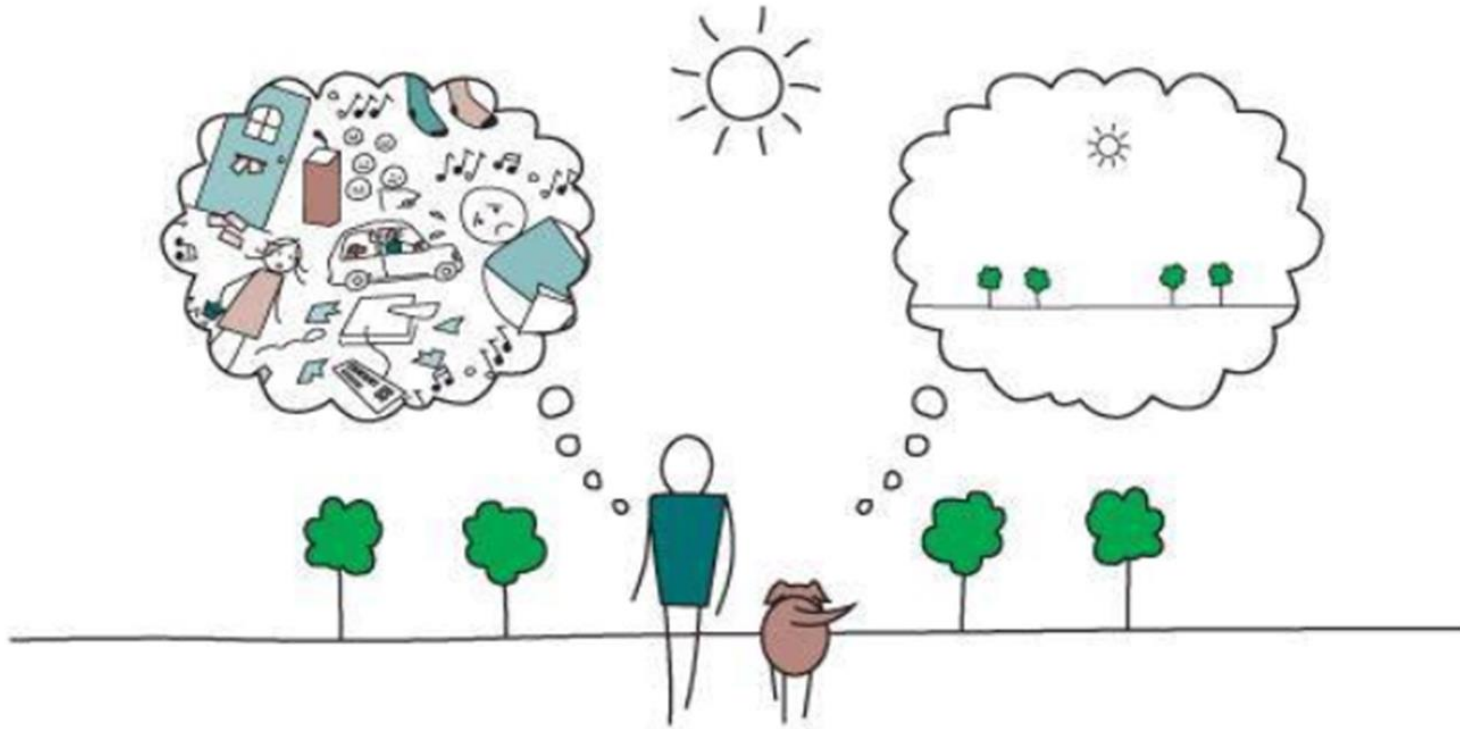
...

...

...

Janelle Monae: POWER OF YET

<https://www.youtube.com/watch?v=XLeUvZvuvAs>



Mind Full, or Mindful?

Room 210 shared positive thoughts...



Don't judge a
book by its cover
-Mother's Day

e o alas
s oir e
u l s y w
ed od

Coincidence
Or
Not?

Create Your Own
Sunshine



NEVER EVER
EVER
GIVE UP!

Imperfection
is best! Madness is
Genius to be
loved.

Be yourself.
No one can say
you're doing it
wrong.

Who will
Never give up
on his dream?
Author: Walt Disney

now



The only one who
can tell you that you can't
do it is the one who isn't
trying.

You Can't Live
A Positive life
with a Negative
Mind.

Don't
let anyone
dull your
Sparkles

If you focus on stress
and negativity, you
set yourself up to fail.
Retrain your brain
to see patterns of
POSSIBILITY.

Coincidence
Or
Not?

If...
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Equals...
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

Then...
 $K+N+O+W+L+E+D+G+E = 96\%$
 $11+14+15+23+12+5+4+7+5$

$H+A+R+D+W+O+R+K = 98\%$
 $8+1+18+4+23+15+18+11$

Both are important but fall short of 100%
BUT

$A+T+T+I+T+U+D+E = 100\%$
 $1+20+20+9+20+21+7+5$

"Dreams don't come
true"
Walt Disney

Never give up when
you feel like you can't
keep going.

LEAD
DON'T
FOLLOW!

Never Forget
To Smile


Think
Positive
TALK
POSITIVE
FEEL
POSITIVE

believe
in
yourself!

You Can Do It!

Cease the Day!





Liam

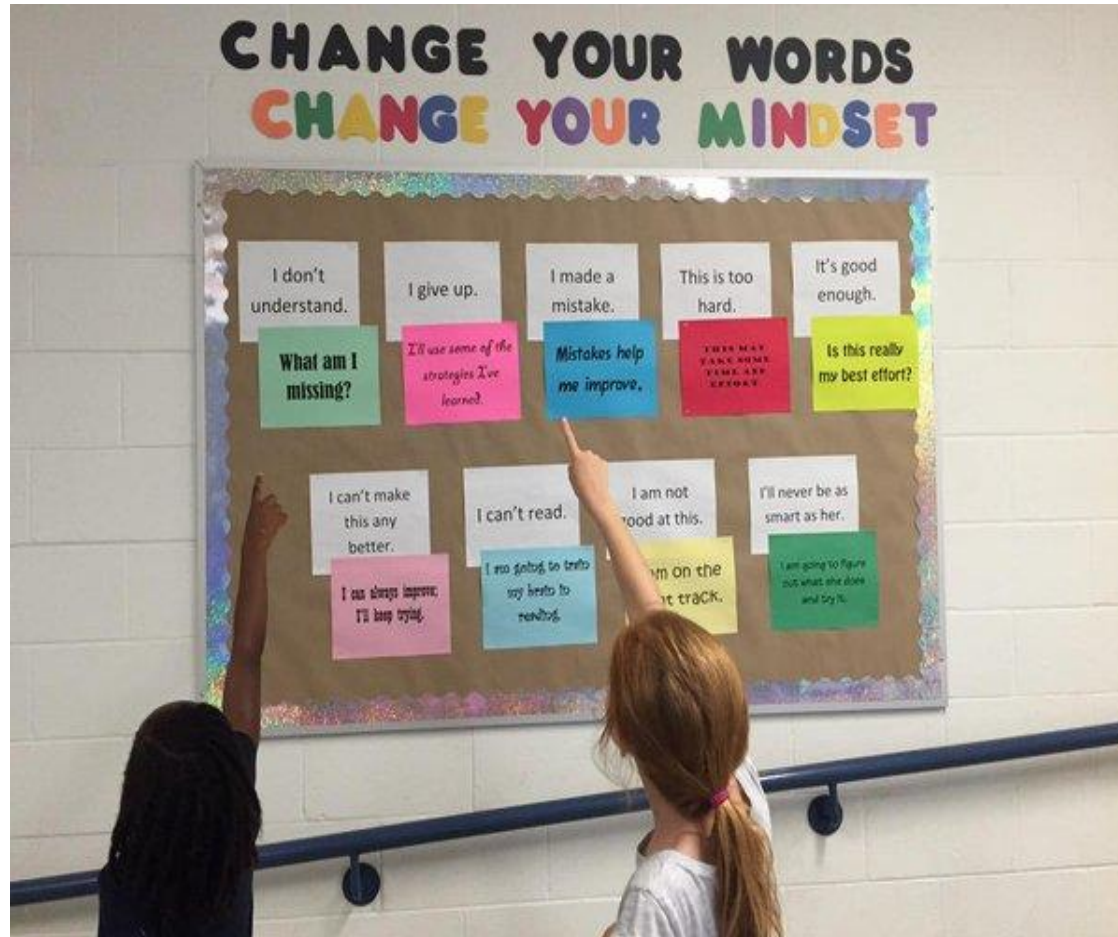
The only one who
can tell you that "you can't"
is you. and you don't have
to listent.

NE
M
G



Change your words.

Change your mindset.



Bruno Mars: DON'T GIVE UP

<https://www.youtube.com/watch?v=IOuSn9zXITw>

Mindfulness Exercise



Carry this feeling right
through your day!

