

Welcome Back to Weekly Wellness

Good morning! 😊

I hope you all had a fantastic weekend and are ready to have a great week at Conestoga!

The topic this week is on the benefits that staying present has on your daily life. *For this week's activity, you will need 2 pieces of chocolate (like a Hershey Kiss.) OR, if you don't like chocolate, you can use 2 pieces of candy (like a Starburst) or mints and do the same activity. If you do not have the treats right away, you can always view the clip to get an understanding of the activity and then go back to the link at another time this week to do the activity once you have your treat.*

Please click the link below for this week's video:

<https://www.wevideo.com/view/1859111575>

Thank you for joining! Stay tuned to Schoology for more Weekly Wellness on Monday.

I hope you all have a wonderful week! 😊

“The mind is like water. When it's turbulent, it's difficult to see. When it's calm, everything becomes clear.” - Prasad Mahes

If you have any questions, concerns, comments, or would like to chat, please do not hesitate to email me at rodgerss@tesd.net or you can send me a message on Schoology!