

for STUDENTS

#TWOWEEKSTOPEACE

TWO WEEKS TO

peace

SIMPLY, DO WHAT YOU CAN, WHEN YOU CAN.

DAILY: STRETCH, CONNECT, AND BE POSITIVE!

DAY 1

MAKE A LIST OF WHAT IS KINDA COOL ABOUT STAYING HOME. TEXT SOMEONE WHO NEEDS TO HEAR THIS.

kinda cool

DAY 2

TELL A JOKE, OR FIND FUNNY PUNS— SHARE!

laughter

DAY 3

TAKE PICS OF THINGS YOU LOVE AROUND YOUR HOUSE. SHARE!

home

DAY 4

SAY SOMETHING INSPIRATIONAL OR HOPEFUL TO ANOTHER. SHARE/POST YOUR INSPIRATION.

hope

DAY 5

GO TO YOUR FAVORITE SPOT IN YOUR HOUSE AND DO ONE OF THE FOLLOWING:
-read a book,
give a pep talk, or have moment of silence

peace

DAY 6

SING YOUR FAVORITE SONG, OR RECITE A POEM. PERFORM IT FOR YOUR FAMILY AND/OR POST IT.

sing

DAY 7

DANCE, STRETCH OR MOVE!

dance

DAY 8

HUG, CUDDLE OR HIGH FIVE SOMEONE IN YOUR FAMILY (IF YOU CAN AND THEY ARE NOT SICK)

hug

DAY 9

PLAY A BOARD GAME WITH SOMEONE

play

DAY 10

CALL SOMEONE. TALK TO SOMEONE. TALK ABOUT ONLY GOOD THINGS.

connect

DAY 11

LEARN A NEW SKILL OR JUST DO SOMETHING YOU DON'T NORMALLY DO.

skills

DAY 12

POST AN UPLIFTING MESSAGE ON YOUR WINDOW FOR YOUR NEIGHBORS TO SEE. SHARE ON SOCIAL MEDIA IF YOU DESIRE.

neighborhood

DAY 13

WHAT ADVICE WOULD YOU GIVE SOMEONE IN YOUR SHOES? SHARE!

advice

DAY 14

WHAT ADVICE WOULD YOU GIVE TO YOUR SELF A FEW WEEKS AGO? TO YOUR FUTURE SELF? WRITE IT DOWN AND SHARE!

stay strong

BOOM!

You did it!

WE BELIEVE THAT ACTIVITIES THAT PROMOTE PEACE CONSIST OF HUMOR, PHYSICAL ACTIVITY AND TRANQUILITY.

#TWOWEEKSTOPEACE TWO WEEKS TO *peace*

DON'T STOP AFTER TWO WEEKS! KEEP THESE HEALTHY HABITS GOING TO REDUCE STRESS,
BE HEALTHY AND JUST HAVE MORE FUN!

STRETCH

MOVE, STRETCH AND EXERCISE AS MUCH AS YOU CAN. A LITTLE
BIT A DAY DOES COUNT!

HYDRATE, EAT WELL, GET YOUR SLEEP AND TRY TO RELAX!

CONNECT

CONNECT WITH AND TALK TO THE PEOPLE IN YOUR LIFE. WE ARE
SEPARATE BUT WE ARE NOT ALONE.

POST, CALL, DISCUSS, & LAUGH!

BE POSITIVE

THIS CALENDAR IS JUST A START. TRY TO FOCUS ON THE BLESSINGS AND
THE LESSONS HIDDEN IN THIS UNIQUE TIME AT HOME.

WHAT LESSONS ARE THERE TO LEARN? WHAT ARE THE BENEFITS TO STAYING
HOME?

#TWOWEEKSTOPEACE
TWO WEEKS TO *peace*
EXTENSION ACTIVITIES

JOURNAL

KEEP A DAILY JOURNAL AND REFLECT ON HOW THE DAY'S ACTIVITIES WENT.

SHARE WITH YOUR TEACHER & PARENT-GUARDIAN.

POSTERS-VISUALS

DOODLE, SKETCH, AND CREATE VISUALS-POSTERS THAT SHOW HOW YOU ARE FEELING AND WHAT YOU ARE GOING THROUGH.

SHARE AND POST AROUND YOUR HOUSE!

RESEARCH

RESEARCH NEW HOBBIES, HOW TO BE HAPPY, MENTALLY STRONG OR STRESS FREE. CREATE A BROCHURE OR POSTER SHOWING YOUR FINDINGS. CREATE A WRITE-UP ON YOUR FINDS AS WELL.

SHARE WITH YOUR TEACHER & PARENT-GUARDIAN.

