



Tips, Tools & Ideas

5 Healthy Exercises-Related to Happiness

The first bullet in each category will link you to a depository of lessons and activities on that Healthy Exercise. Please use anything included on that page that speaks to you. To submit an idea, tip or tool (or lesson/activity), click the [HERE](#).

Social Connectedness

- [Link](#) to activities/lesson centered on social connectedness

Random Acts of Kindness

- [Link](#) to activities/lesson centered on random acts of kindness

Gratitude

- [Link](#) to activities/lesson centered on gratitude

Mindfulness

- [Link](#) to activities/lesson centered on mindfulness

Self-Compassion

- [Link](#) to activities/lesson centered on self-compassion

Campaign Timeline (Suggested)

- [Link](#) to Superintendent's sequence of focus for 5 Healthy Exercises

To submit an idea, tip or tool (or lesson/activity), click the [HERE](#).

