

BELLMORE ELEMENTARY PTA

Shore Road School

HEALTH & SAFETY WEEK

October 19-23

Fall is a great time to reset your habits and boost your health as the weather cools down.

MINDFULNESS MONDAY

Monday, October 19

Calming meditation activities done throughout the day

Wear something *calm and cozy*

.....

Tired Tuesday

Tuesday, October 20

Learn about Healthy Sleep Habits

Pajama Day!

.....

MIDWEEK MIND, BODY & HEART

Wednesday, October 21

Enjoy a yoga session with *Little Lotus Yoga*

Wear your best *athleisure attire*

.....

Trekkin' Thursday

Thursday, October 22

Get outside, take a trek, touch some trees!

Wear Something *GREEN*

.....

FRESH AIR FRIDAY

Friday, October 23

Dialed Action will present a dynamic mountain bike assembly demonstrating the importance of safety and how to have fun in the fresh air.

Wear something *SPORTY*

Thank you for supporting the Bellmore Elementary PTA.

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