

Wellness Week

Monday November 30, 2020 through Friday, December 4, 2020

Pondo let's show our support for each other and our own wellness this week!

- Wireless Wednesday-Dec 2nd Take a Break from your Screens. The World Health Organization reminds us to unplug. Make an effort today to get outside and get at least 10 minutes of fresh air with no screen time.
- Thank You Thursday-Dec 3rd Did you know that expressing your gratitude to another and connecting with your peers can increase your own happiness?
- Kindness Friday-Dec 4th How many kind acts can you complete today? 3? 7? 257!? It's up to you, but everyone wins with kindness!