

rDLMS Wellness 12 Days of Wellness Calendar DECEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Enjoy Fresh Pears in the Staff Lounge (PH)	9 Enjoy a piece of Dove Dark Chocolate for your heart. (PH)	10 Share a good educationation "must read" with another staff. (IH) (S/R H)	11 Share your Gratitude with others--Call one person at school today to say "Thank YOU!" (S/R H) (EH)	12 Look for a healthy surprise in your mailbox. (PH)	13
14	15 Be ACTIVE today! Walk to the office or take the stairs 4 extra times today. (PH)	16 Drink EXTRA water today! Keep track of how much you drink and send the amount to Sam G. at the end of the day. (PH)	17 Time to De-stress during the hectic 'pre-break' chaos. Rootbeer Floats in the Staff Lounge at 3:45. (PH) (S/R H)	18 Take an ELECTRIC SLIDE break in the upper and lower commons during Prime Time. ** Move your body and be a great role model for your students tool (PH) (S/R H)	19 MAKE SOMEONES DAY! Surprise someone with a kind deed! (S/R H) (EH)	20
21	22 SHOW/HOLIDAY SPIRIT! Wear Red Green and White Today! (S/R H)	2 Laughter is the BEST medicine! Wear your UGLY Sweater Today (S/R H)	24 HAVE A	25 FABULOUS	26 HOLIDAY	27 BREAK !!!
28	29	30	31			

Physical Health (PH)
Social/ Relational Health (S/E/R H)

Emotional Health (MH)
Intellectual Health (IH)