

PROGRAMA MENTE VIVA



365

ENGLISH

Exercícios e meditações para mudar o mundo
Jovens e Adultos

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January 1st – Eagle’s Day:

Happy New Year!

Today is first day of the year and it’s the perfect day to do something special: a time capsule!

Gather your friends or family and get a firm box, medium size. It can be a cardboard, wood or even a can.

Now, each person writes something that is happening in your life right now. It can be your name and how old you are, your height, what you like to do, what you do not like to do, your favorite food, your favorite animal...Anyway, write down some cool stuff about you that can be shared with everyone. Then each one will read it for the whole group before putting the notes in the time capsule.

If you want, you can also put some personal object of yours. Then the time capsule will be closed and all the class should bury it together. Oh, if it's a cardboard, you'll need to wrap it in plastic so it will not deteriorate. In 3 years, in the future, you can open it! So it will be the TREASURE OF THE PAST!

Attributes practiced: identity, self-esteem

January 2nd – Ant’s Day:

The year is just beginning and there is nothing better than to start by making it even better!

Did you know that reading is one of the most important ways to keep the brain active? Also, who has the habit of reading can:

- Talk about a lot of things;
- Improve learning;
- Write better;
- Improve memory;
- Reduce stress;

Learn how to be resilient and persistent like an ant! Choose a book with a cool theme to start reading and set up a day to finish it. Let’s get going! Being smarter depends only on you!

Attributes practiced: networking, self-esteem

January 3rd – Lion’s Day:

Today the Lion will introduce to us another animal also from the Felidae Family (and unlike the lions, we have it in Brazil): The Puma! He is a leader by nature. In North

America is the well-known Mountain Lion. In South America it is known as Panther or Cougar. This beautiful feline has a natural elegance and is always careful in its movements. What can we learn from them? Think, quietly before being impulsive. Take some deep breath, go for a quiet walk. Be like a Puma walking softly but yet determined.

Always act with caution and care when reacting to something! A good way to train your attention is to take a quiet walk and observe nature and all its details.

Attributes practiced: attention

January 4th – Squirrel’s Day:

Sometimes we look around but we don’t really see anything. In silence, try to notice everything around you. Now, notice everything that has been handmade by someone. If you see a table, for example, imagine who made it and when...If you see a notebook, do the same. Think about how everything has changed and how many people worked on all that is around you now!

If you want, you are more than welcome to draw what you just thought about.

Attributes practiced: Respect, sensitivity to the context, attention, working memory.

January 5th – Dog’s Day:

Dogs are animals that can be very docile and empathetic. Do you know what EMPATHY means? It’s the ability to put yourself in someone else’s shoes. When we do this, we understand people better and learn to deal with situations better!

Close your eyes and imagine yourself being your teacher... What would it be like to take care of all the students? Then open your eyes again.

Attributes practiced: empathy, context sensitivity

January 6th – Whale’s Day:

With your eyes closed, imagine yourself sitting on the seabed and feel yourself immersed in a very soft blue light...Take four deep breaths. Now, imagine this deep blue ocean with several types of fishes in it, swimming back and forth around you.

Feel how calm this submerged world is and claim all this peace. Attributes practiced: relaxation.

January 7th – Bear’s Day:

Bears don’t let themselves get upset by bad situations that might occur sometimes. Bears hibernate during the winter and wake up in the spring with lots of energy and faith in life. So, be as a bear, renew yourself each morning with determination, courage, perseverance, and faith. Bear again each morning and go on relying on the light of the new day.

Attributes practiced: resilience

January 8th – Penguin’s day:

Penguins dive into the rough sea either looking for food and/or fun.

They accept the forces of nature and the most adverse situations as parts of a world where courage is a useful survival tool of the species. Go deep into your studies, without fear or

distress. Learning, also means, understanding that we all have some difficulty and that we need to determinedly walk toward our goals, leaving our fears behind.

Attributes practiced: self-esteem

January 9th – Giraffe’s Day:

Giraffe’s patterns have numerous brown spots to better hide from possible predators.

Each set of spots are much like a unique "digital" that sets them apart from each other. You are also unique in the universe! Accept your individuality as a gift and learn to contribute to the great celebration of diversity, of life, with your personality!

Everyone is important to the world!

Attributes practiced: self-esteem, tolerance

January 10th – Elephant’s Day:

Elephants are the largest land mammals. Their strength is also gigantic. Those who are domesticated, prove great skills to help with hard work. Act like our friend elephant and have strength and be willing to work hard on ways, behaviors and actions that aim improvement and enhancement of human values. Write down and share with your classmates 03 good ideas that can somehow help all mankind.

Good ideas need to be spread around the world!

Attributes practiced: creativity, altruism

January 11th – Lemur’s Day:

Lemur Day: Invite someone from your family to disassemble something in your house and then put it back together! Act like an engineer and choose an object that will make you learn something new! It can be a clock, or a toaster, whatever you choose.

We can work out our mind and heart all the time!

Attributes practiced: creativity

January 12th – Sloth’s Day:

Have you noticed the sky today? Take some time to look at every detail of the sky. Notice the color of the clouds, the tones of the sky...If it is already dark, look for the stars and the moon.

Life is very beautiful and worth being appreciated!

Attributes practiced: Attention

January 13th – Worm's Day:

Make a garden! It can be anywhere. If you do not have a yard, your garden can be done indoors using pots or planter boxes. The important thing here is to grow something edible until it's ready to be eaten! Then you can share it with others.

Small actions make the world a better place!

Attributes practiced: Sustainability.

January 14th – Snake's day:

Snakes shed their skin a couple of times during their lifetime. Because of that for many cultures the snake symbolizes healing and change. the "healing changes". Everything in this life works for our growth and learning. Every stage of life the snake changes its skin, it's allowing itself to be instinctively regenerated.

Go over your emotions, your feelings and thoughts to see which ones need to be improved. New ideas, new courses, more wisdom... new frontiers. Allow yourself to grow!

Attributes Practiced: self-esteem, courage, confidence.

January 15th – Owl's Day:

Owls are extremely attentive. Few can rotate their neck like they do, so they have a wider view of everything that is going on around them. Perhaps, that is why owls are known as a wise figure in children's literature. Try to do like the owls and write or draw how your life is in relation to:

- Eating;
- Physical activity;
- Sleeping;
- Personal hygiene (including dental health); - Emotional balance.

Attributes practiced: health and well-being

January 16th – Donkey's Day:

As well as Dogs, Donkey are also a great friend of human beings, although they have other characteristics. We have several and different friends. Let's be respectful of their differences, their way of approaching to other and handling friendships. By doing this we are able to build a richer, more plural and, fascinating World. Allow, therefore, a life with better and varied learning.

Write down the names of everyone who is your friend right now or have been at some point in your life.

Attributes practiced: empathy

January 17th – Butterfly's Day:

Have you ever seen a Butterfly swarm? Or a bunch of leaves falling off a tree all at once in a park? Do you think you are able to draw or paint one of these images? Or maybe write a poem or a paragraph about it.

Attributes practiced: creativity.

January 18th – Sea lion's Day:

Close your eyes and imagine a full moon over the ocean.

The moon's bright light reflects on the waves creating a spectacular show of movements of lights and shadows. Sometimes it looks like a huge silver veil, others an endless road over the ocean, or is it your Galaxy's projection? Or maybe just a poet dreaming? Open your eyes...Describe in three lines what feelings you felt in your heart by picturing that scene. Or, if you prefer, draw it.

Attributes practiced: relaxation

January 19th – Llama's Day:

Llamas live in South America. They are known for their soft wool which is used to make clothes. The height of a full-grown Llama is up to 1.8 meters and they might seem clumsy but they are very strong and resistant animals. They climb really high mountains like the ones in The Andes where Machu Picchu is located. Do some research on this location. Try to identify in which country it is, what language they speak there, how important this place is, and what other animals live in this country besides the llama. Attributes practiced: curiosity, intelligence

January 20th – Caterpillar's Day:

For many people, Caterpillar, symbolize the wisdom of change. Life is dynamic. First they crawl to one day fly in a butterfly form. Everything is constantly moving and renovating. Living beings are born, grow, reproduce, grow old, and die. Time is constantly turning over a new leaf.

Write about things you enjoyed doing the most when you were little and what you enjoy doing right now. Then share with your family or guardians. If you would like to spend more time with your family /guardian, or if you had some cool time together (for example, at a picnic), talk to them and see if you can do that together again. Attributes practiced: family/guardian relationship

January 21st – Rhino's Day:

Close your eyes and picture this animal. Rhinos walk through the African forests with no fear and determination. They know their strength and power. Believe in the greatness and the purity of your heart and there will be no more fear and obstacles that cannot be moved. Be the light and learn to value the importance of your soul. In your own time, open your eyes.

Attributes practiced: relaxation, self-esteem

January 22nd – Hare’s Day:

Do you know it’s not necessary to buy toys to have fun?

With carrots and potatoes, and some accessories you can make some animal toys like chickens and roosters. Use your creativity!

Attributes practiced: Creativity

January 23rd – Monkey’s Day:

The idiom “every jack to his trace” means to have respect for each other, learning to develop skills such as coexistence, respect for diversity, for the way people dress, and for the way other people think. The right to be different and to be able to express what we really are, without hurting or judging others, provides us with a great well-being. Understanding that we are human beings and therefore fallible and imperfect, helps us to strengthen some of our qualities such as humbleness, discipline and respect. Attributes practiced: Respect

January 24th – Marmot’s Day:

Marmots are rodents of the squirrel family. There are very fast and agile, as well as our thoughts...Let’s imagine our mind as the burrow and our thoughts as the nuts and herbs stored in there (food marmots usually eat). Let’s learn to save and to retain only positive images and thoughts, and to get rid of everything that causes us pain, suffering and inferior feelings. What does not add up to building our inner world, nor contribute to our inner well-being, must be withdrawn from the focus of our ideas and thoughts. Attributes practiced: Resilience

January 25th – Bat’s Day:

Bats are one of the sleepest animals ever! Today, before going to bed, how about putting a relaxing song on? Suggestion:

https://www.youtube.com/watch?v=9pGllimGf_I

This song is from the famous composer Johannes Brahms.

Attributes practiced: Relaxing

January 26th – Horse’s Day:

Did you know that horses (or equine therapy) can help many sick people feel better? Yep...Taking advantage of the fact that today's subject is health do you know who Hippocrates was? He was a very wise Greek who lived between 460 BC – 370 BC and was a physician. For many he is considered the "Father of Medicine" since his teachings, are used in medical schools and hospitals all over the world to these days. Attributes practiced: Health

January 27th – Pony's Day:

Just like the horses, ponies can also be used in equine therapy to help people with emotional difficulties become healthier!

Now that you know a little more about Hippocrates (who also helped people to be healthier), let's check out the Hippocratic Oath! Swearing the Oath remains a rite of passage for medical graduates before receiving the title of doctor and helps us to understand what is the so-called, ETHICS! Let's read it:

*"I swear to fulfill, to the best of my ability and judgment, this covenant:
I will respect the hard-won scientific gains of those physicians in whose steps I walk, and gladly share such knowledge as is mine with those who are to follow.*

I will apply, for the benefit of the sick, all measures [that] are required, avoiding those twin traps of overtreatment and therapeutic nihilism.

I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon's knife or the chemist's drug. I will not be ashamed to say "I know not," nor will I fail to call in my colleagues when the skills of another are needed for a patient's recovery.

I will respect the privacy of my patients, for their problems are not disclosed to me that the world may know. Most especially must I tread with care in matters of life and death. If it is given me to save a life, all thanks. But it may also be within my power to take a life; this awesome responsibility must be faced with great humbleness and awareness of my own frailty. Above all, I must not play at God.

I will remember that I do not treat a fever chart, a cancerous growth, but a sick human being, whose illness may affect the person's family and economic stability. My responsibility includes these related problems, if I am to care adequately for the sick.

I will prevent disease whenever I can, for prevention is preferable to cure.

I will remember that I remain a member of society, with special obligations to all my fellow human beings, those sound of mind and body as well as the infirm. If I do not violate this oath, may I enjoy life and art, respected while I live and remembered with affection thereafter. May I always act so as to preserve the finest traditions of my calling and may I long experience the joy of healing those who seek my help."

January 28th – Roe Deer's Day:

Although Roe Deer look very strong and are able to live in both deserts and mountains, they are one of the kindest creatures. And we can think about kindness when dealings with our own stuff. Let's take good care of our books, clothes, shoes, accessories, and everything that is available for us to use. Be kind to all our fellow men, our family, and to all creatures in the world. Kindness allows us to work calm, compassion, tolerance, and love to others.

Remember: "Kindness begets kindness".

Attributes Practiced: Respect

January 29th – Fish's Day:

Imagine yourself sitting on top of the water in the middle of the ocean. Suddenly let, yourself sink very slowly going all the way down until you touch the sand on the bottom of the sea. Sit down comfortably and observe all the silence around you. Look up and see the light. You are calm, as if you could perfectly breathe like a fish. Breathe in and out by releasing colored bubbles of air towards the surface, towards the light...Imagine each colored bubble changing shapes as it rises. Calm your heart and breathing in an out let the bubbles rise, one by one, very slowly they will distribute blessings in the air in form of lights. In your own time, open your eyes.

Attributes practiced: relaxation, creative visualization.

January 30th – Crab's Day:

Sit comfortably and close your eyes. Picture raindrops slowly hitting the sand and the sea. Then it becomes stronger and stronger...until it is a huge storm! Now imagine the storm going away and what is left are a few drops of water falling naturally from the trees by the sea. They leave a smell of damp soil and sand in the air. In your own time, open your eyes. Which of these images did you like the most? Why is that? Tell your friends about it.

Attributes worked: relaxation, creative visualization, resilience

January 31st – Tatuira's Day:

Tatuira is a crustacean found along the shore of Brazilian beaches. They live and hide in burrows that they dig and have a protective shell to defend themselves from predators. Do your part, always prioritize the truth. Do everything with determination and willpower. Your truthful and honest attitudes will be like a huge shell protecting you for life, in any situation.

Attributes practiced: ethics

February 1st – Tangará's Day:

Close your eyes and imagine a beautiful day! The sky is blue and there is a very beautiful sun enlightening everything. Notice how the sun brightly lights and touches everything and everyone with no discrimination. Take a deep breath and imagine yourself as a small colorful Tangará bird and that, perhaps, you can fly as well...So, fly high into good memories of places and moments that brought you joy and inner growth. Take a deep breath and slowly open your eyes.

Attributes practiced: relaxation, creative visualization

February 2nd – Tapir's Day:

The Tapir is the largest mammal in Brazil, it has perfect notion of its size and strength. We sometimes do not have the exact notion of our power. We need to develop a sense of who we

really are and what we are capable of. When we exercise we learn more about our physical abilities and limitations...The interesting thing is that with discipline and frequent workouts we can improve our physical and mental performances! Attributes practiced: self-esteem

February 3rd – Ocelot's Day:

The Ocelot is a very efficient feline (just like the puma, the jaguar, the tiger). Ocelots never waste anything. So something to think about today is to be aware of your meal every time you are eating. Avoid waste. Just put on the plate what you are really going to eat. Remember that there are still people on our planet who are in need, but together we can improve this situation.

Attributes practiced: sustainability

February 4th – Chicken's Day:

Imagine chickens foraging in a big yard...Watch the movements they make. They make choices. They will only peck what is really food for them. Carefully evaluate everything that can feed your body and your soul. Make the right choice and pick out only what is good for you. During your next meal, think about at least two healthy foods that can be added to it (It can be fruits, vegetables, or seeds).

Attributes Practiced: health.

February 5th – Peacock's Day:

To think about it: casually, today is the birthday of three famous soccer players: Neymar Júnior (Brazil), Carlito Tevez (Argentina) and Cristiano Ronaldo (Portugal). What positive characteristics make these players good athletes? Do you have any of these characteristics? Is there any that you would like to develop? Attributes practiced: context sensitivity, self-esteem

February 6th – Firefly's Day:

Close your eyes and sit comfortably. Imagine that you are in a garden with lots of fragrant flowers. Feel the scent of these flowers...take one deep breath... two...three...

four deep breaths. In your own time, open your eyes and notice where you are. Attributes practiced: relaxation

February 7th – Mosquito's Day:

Today is the 7th. Do you know what are the seven colors of the rainbow? And how about the seven musical notes? (For the older children add: Do you know the seven days of the week in another language?) Attributes practiced: reasoning, intelligence

February 8th – Slug's Day:

In silence, calmly, look closely around you. Can you find any green objects? List on your notebook (or draw) what you found and then share it with your classmates. Attributes practiced: attention

February 9th – Moth’s Day: For the younger children:

Black Witch Moth or (*Ascalapha odorata*): Do you know what animal is that? What are its colors? Did you know that before becoming an adult it has a larval phase? Draw the evolution of the life of this animal.

For the older children:

“Time changes, and our desires change. What we believe – even what we are – is ever changing. The world is change, which forever takes on new qualities.” Luis Vaz de Camões – Sonnets, 1590. Debate in group: Who was Camões? What did he mean by that? That phrase was written many centuries ago. It remains current. Why? Attributes practiced: resilience.

February 10th – Hyena’s Day:

Invite someone in your family (or legal guardian) to watch a good comedy movie today.

Attributes practiced: bonding

February 11th – Pigeon’s Day:

Invite someone in your family or a friend to play some card games today.

Attributes practiced: bonding

February 12th – Pheasant’s Day:

February 11th is the traditional National Foundation Day in Japan, by Emperor Jimmu (神武天皇). Do you know how the Japanese flag looks like? It has the Hinomaru symbol on it, in Japanese it means “circle of the sun”.

Attributes practiced: world view

February 13th – Carp’s Day:

With your eyes open, sitting down, place your hands on your belly (abdomen) and focus on your breathing. In silence, observe how you are breathing. Do that for 10 breathing cycles (10 inspirations and 10 exhalations). Usually, just by focusing in our breath makes us breathe better.

Attributes practiced: relaxation

February 14th – Polar Bear’s Day:

The Polar Night occurs in the northernmost and southernmost regions of the Earth when the night lasts for more than 24 hours. This occurs only inside the polar circles. The opposite phenomenon, the Polar Day, or Midnight Sun, occurs when the Sun stays above the horizon for more than 24 hours. (Source Wikipedia) Can you make a drawing of the Globe showing its poles?

Attributes practiced: world view

February 15th – Hawk’s Day:

In silence, calmly, look closely around you. Can you find any metal objects? Try to list it (or draw) everything you can see.

Attributes practiced: attention

February 16th – Duck’s Day:

Sit down beside a classmate. Ask him/her what is his/her the favorite music. You may not like it (respect that) but listen to him/her talk about it without judging. Tell him/her what your favorite song is. It must not contain swearing or bad words. Sing a piece of your music for and listen to some of his/her song.

Attributes practiced: communication, relationship, respect.

February 17th – Orangutan’s Day:

Invite an adult you trust to take you to a public library. Reading is a great encouragement to intelligence. If you do not want to read books, it's worth a visit to see how a library works.

Attributes practiced: sensitivity to context, bonding.

February 18th – Wildcat’s Day:

You could grow some tea in your home. It could be in garden outside or even in a pot inside, which you can keep in the kitchen.

Attributes practiced: sustainability, bonding.

February 19th – Grasshopper’s Day:

The grasshoppers move by leaping. They can jump a distance 20 times their size. It is with this theme that we want to start off this week! What can you do in your life to take a big jump? Draw or write down something fun that you want to do again that can help in your education (for example: studying another language, doing science experiments, taking theater classes, reading a book a week...).

Attributes practiced: Resilience

February 20th – Agouti’s Day:

Agoutis are rodents that bury their food to have what to eat during periods of food shortage. Thinking, of that, today is a good day to start saving money. It would be interesting to make your own safe box, so that you can put in coins and money bills whenever there is some change left. Talk to your parents/guardians to check if this can be done! If you save \$1 dollar per week at the end of the year, you'll probably be able to buy a book, a game, or even clothes you need!

Attributes practiced: Resilience, persistence

February 21st – Rufous-collared sparrow's Day:

Find out who Pablo Picasso was and what Cubism is! Once that done, do you think you can you draw his figure using cubism?

Attributes practiced: Creativity

February 22nd – Fly's Day:

Today's suggestion is to listen to this song of Haydn called Serenade while you remain in silence, with your eyes closed, and focus on your breathing:

<https://www.youtube.com/watch?v=XgbdqXGr1DQ>

(Joseph Haydn, who lived between 1732 and 1809 was one of the greatest composers of the classical period! Along with Mozart and Beethoven, they were also known as the "Viennese Classical Trinity", since they were all from Vienna, capital of Austria, a country in Europe. They were a trio of geniuses who influenced music all around the world!) Attributes practiced: Relaxation

February 23rd – Turtle's Day:

Challenge: If you could come up with a solid soap or a liquid dishwashing product that would not only be effective in cleaning dishes, but it would also clean the water that is going to the plumbing, how would it be? Gather in groups and go deep into this subject to find the answer! If you need help, ask a Science teacher or Physics teacher, or do your research on the internet. After that, arrange with your teacher to do the experiment! If you have managed to come up with a solution, share it with others and with your school! Who knows, maybe this can be a great invention that will benefit, not only your school but, many people! In a week, you are invited to bring alternatives you found on the subject.

Attributes practiced: Creativity, sustainability

February 24th – Guinea Pig's Day:

Invite someone in your family (or guardians) to watch the sun set with you! If it's raining invite them to watch the rain together (it can be through a window), even for 5 minutes!

Attributes practiced: Attention, relationship, bonding

February 25th – Chicken’s Day:

Invite a friend or someone in your family to have some popcorn today! Unlike many people think, popcorn is rich in fiber and you do not have to add salt or sugar to make it tasty!

Attributes practiced: Health, bonding.

February 26th – Alligator’s Day:

Using only your tongue, try to count how many teeth you have in your mouth. How many teeth are in the upper dental arch? How many teeth are in the lower dental arch? Attributes practiced: attention, body perception

February 27th – Lizard’s Day:

Where should the sun be at this time of the day? What countries around the Planet is the sun illuminating at this point? (Think of at least 3 countries. If you wish, a world map or a globe can be used at this time).

Attributes practiced: sensitivity to context, worldview

February 28th – Panther’s Day:

Grab a pencil. Observe it carefully for 30 seconds, pay as much attention to it as you can. Now, put it away where you can’t see it. Make a drawing of that pencil, try to make it look exactly how you saw it.

Attributes practiced: attention, working memory

March 1st – Coypu’s Day:

On your feet, walk around the classroom, look in the eyes of each and every one of your classmates and “good morning”! Really mean what you are saying, sincerely wishing everybody has a great day.

Attributes practiced: empathy

March 2nd – Whale’s Day:

Last week you were challenged to find alternatives to develop a dishwasher that would not only clean the dishes but also help protect the water going to waste. What did you discover? Did someone come to any cool conclusion? If you enjoyed this activity and you think you came up with good ideas, share it with us at contato@menteviva.org. Tell us your name, teacher, school, city and what you have created. Best practices should be shared with the whole world and we are here to help you do this!

Attributes practiced: sustainability, commitment to the Planet

March 3rd – Manatee’s Day:

Try to make at home some of the things you learned during the week about how to make dish washing environmentally friendly. Invite a family member or legal guardian to share this experience with.

Attributes practiced: sustainability, bonding

March 4th – Cat’s Day:

How about making a tea (with the help of an adult) and drinking it together? Attributes practiced: health, bonding.

March 5th – Ladybug’s Day:

Close your eyes...Imagine a red ladybug flying around the trees and smoothly landing on a small flower. Feel the light breeze blowing by softly, making the flower and the ladybug move back and forth gently. Take a deep breath... then slowly open your eyes. What color did you imagine the flower? What kind of flower? Were there other flowers around? If so, why do you think the ladybug chose that specific flower? How does all this images make you feel?

Based on your imagination, write down a brief story! Attributes practiced: creative visualization, attention

March 6th – Sun Bear’s day:

Do you know what it’s called the world’s smallest bear? It is an endangered animal found in Southeast Asia. Cambodia is the country that has the largest amount of this animal and they are trying to protect it so the bear doesn’t extinct. Let’s think about this for a minute?

- 1) Do you know why animals are threatened with extinction?
- 2) Are there any threatened animals in your region?
- 3) What can be done to prevent an animal from being threatened with extinction? Note: It’s important to know that on this same day many children in Cambodia are doing this same practice just like other people all around the world as well! Attributes practiced: sensitivity to context, sustainability, worldview.

March 7th – MeerKat’s day:

What is the first letter of your Teacher’s name? Think of a city, a state or a country that also begins with this letter! In silence, concentrate, write down, what you came up with and check out what your classmates did. If you do not know where some places are, it’s a good opportunity to expand your knowledge!

Note: Meerkats are mammals considered to be good teachers for the rest of the family members. With their large eyes, they seem to be very attentive.

Attributes practiced: reasoning, worldview

March 8th – Rooster’s Day:

All Roosters look alike. But each one has its own style and strength to crow. Believe in your inner strength and in your ability to communicate. Do not rely on labels. Exercise your nature with much patience, wisdom and creativity.

Attributes practiced: self-esteem

March 9th – Tortoise’s Day:

Are there any places in your town that take care of the elderly? Any Nursing Homes, Hospitals, Assisted Living place? Many of the elderly have a feeling of loneliness. What about making a visit to one of these places and singing a beautiful song for them to hear? Or, what about make an artistic exhibition where they can participate? Gather in a large group and plan with your classmates what needs to be done to organize this activity for next week. Think about what place you want to visit, what your goal is, what feelings do you want to share with the elderly, what artistic and creative activity can be done? Everyone can contribute with ideas while someone (pre-assigned) takes notes of everything. Once the list is done everybody will evaluate and decide on what’s best. Then you will need to start an action plan which need to include the answers for: “what, who, when, where, why and how”.

Note: The tortoises have a long lifespan. They are often mistakenly called "turtles".

However, turtles live in the oceans while tortoise in fresh water.

Attributes practiced: empathy

March 10th – Jaguar’s Day:

Maybe someone in your household has trouble sleeping and snores a lot. Snoring may be normal, but snoring too much can represent a problem when it is associated with a disorder called "sleep apnea". It’s when you regularly stop breathing for short periods during your sleep. This is the name given to when the air is short of snoring. If this happens, it is important that this person gets help from a doctor to find out the appropriate treatment. In the meantime, invite this person to exercise. That's right! The number of hours you are sitting per day is related with the number of apneas at night. On the other hand, moderate work outs can reduce to 7 apneas per hour, (compared to a sedentary person – someone who does not exercise).

Note: Like other felines, Jaguar have nocturnal habits and tends to be sleepy in daytime.

Attributes practiced: health

March 11th – Goat’s Day:

Ask someone in your family or a guardian if he/she knows any lullabies. Every part of the world has its own lullabies and they usually talk a lot about popular culture. Take some notes and, on the next day, talk to your classmates about it.

Note: The goats, like other mammals, tend to be very close to their newborns until they are feeling safe enough to be alone.

Attributes practiced: bonding.

March 12th – Beetle’s Day:

The beetles are a group of insects that form the order *Coleoptera* and there are over 300,000 different species on the planet. "Some spread diseases, others participate in pollination and spread flowers". Join in groups of two or three and discuss about this:

What does this sentence have to do with human beings?

Attributes practiced: context sensitivity

March 13th – Crow’s Day:

In silence, notice your surroundings. Is there any object that could also be used in a kitchen? Draw or make a list of them and share it with your classmates.

Note: The crows are attentive and very wise animals; they are already being compared to Chimpanzees.

March 14th – Okapi’s day:

The okapi is a very interesting mammal native to the Democratic Republic of the Congo in Central Africa. Although the okapi bears striped markings reminiscent of zebras, it is most closely related to the giraffe. This possibly occurred thousands of years ago due to breeding in between the two animals.

Now, referring to human beings, can you identify which peoples constitute the population of your city or country?

Attributes practiced: world view, respect

March 15th – Ferret’s Day:

The ferrets wake up early full of energy and joy. Learn from this animal to wake up prepared for the day ahead of you and have a good night of sleep of at least 7h. Think about the joy of feeling healthy and high-energized. Do the math and see if you are being able to keep up a good sleeping routine.

Attributes practiced: health

March 16th – Rooster’s Day:

Review the activity from last Friday. Today is the day to make it happen. Let’s get to work!

Attributes practiced: empathy, creativity, respect

March 17th – White-lipped Peccary’s Day:

The White-lipped Peccaries are omnivorous, feeding mostly on fruits and vegetables. Today you and your family are being challenged to eat at least 5 servings of fruit or vegetables

throughout the day, remembering that a portion is roughly equivalent to the palm of your hand.

Ready?

Plan your meals from breakfast to dinner, what kind of fruits and vegetables can you include in your meals? If you want to, please, share your meal plans with us at contato@menteviva.org

Attributes practiced: health.

March 18th – Sheep’s Day:

Invite a family member or guardian to do this practice with you. It’s fast and easy.

Sit comfortably, take 5 deep breaths.

Imagine you are in a forest among some colorful animals.

You are protected and safe, feeling relaxed.

Notice the beauty of each animal that walk around you.

Notice the landscape around you and the water running down the river behind you.

Breathe in and out, slowly, 15 times. Realize how good you feel.

In your own time, open your eyes.

(When you are done, talk about the animals you imagined).

Attributes practiced: relaxation, creative visualization, bonding.

March 19th – Dwarf Gourami’s Day:

Gather in groups of two. What country (or countries) has the orange color on its flag?

Note: Dwarf Gourami Fish is usually orange.

Attributes practiced: world view

March 20th – Spider Monkey’s Day:

Put some objects that are on your desk (like pencil, eraser, notebook) on the floor. With bare feet, try to pinch these objects and bring them back to the desk. Do this with your right foot and with your left foot.

Note 1: Did you know that humans, like primates, have a large brain area that controls hand and foot movements? So when we do this exercise we are also doing a brain exercise!

Note 2: People who have no feet or who have difficulty performing this movement, alternatively, may do this exercise using their mouth. There are brilliant artists who, due to disability of the lower limbs, have developed the ability to paint beautiful paintings using their mouth.

Attributes practiced: attention, cognition, proprioception

March 21st – Moon's Day:

Today is the beginning of the Autumn Equinox in the Southern Hemisphere and Spring Equinox in the Northern Hemisphere. From Latin, *aequi* (equal) + *noct/nox* (night) = equal nights.

In groups of two, think about this: 1) What is equinox? 2) Which hemisphere are we in? 3) Which country (countries) do you know that are in the southern hemisphere? 4) And what about in the northern hemisphere?

Attributes practiced: world view, relationship with nature

March 22nd – Cloud's Day:

Today everybody in class is invited to go outside or any other place in the school where nature can be observed.

"Lying on the ground, take your time and observe the sky. Take a deep breath. Notice how you are feeling and how the whole environment around you is. In silence, notice the clouds and their shape. Don't hurry. Check out what did the other students see".

Note: If the weather doesn't look so good, arrange another time to do this activity.

Attributes practiced: relationship with nature, relaxation, creativity

March 23rd – Great Kiskadee's Day:

In silence, close your eyes and take some deep breaths while you enjoy this song from Gustav Mahler (1860-1911), known as one of the most beautiful songs in the world!

https://www.youtube.com/watch?v=EF_pWIBTWw8

March 24th – Oto Catfish's Day (*Otocinclus affinis*):

Today is personal care day! Of course every day, are days to take care of you, but today your attention will be even greater. Invite your family to check out how your personal care is going.

If you prefer, use the check list below and mark off as you complete it:

() Clean underneath your nails and check on the length (trim them if necessary).

() Make sure you have taken a complete bath by washing all the parts.

() Check to see if the scalp and hair have been washed well.

() Check to see if the toes have been well washed. And then, drying them all the way through. This prevents fungi.

() Take at least 5 minutes brushing your teeth thoroughly, gently and carefully. Floss every tooth.

() Also sanitize the ears, but do not use any object inside the ears (such as cotton swabs), only on the external parts.

() If you have any pets, maybe it's the right time give him a bath and to wash all of their toys and blankets as well.

() Check how clean your bedroom and bathroom are. See everything that needs to be done to clean them. A good alternative is to use vinegar for general cleaning.

() Check for food that needs to be washed.

() Take a look at your entire house. If necessary, organize tasks for each one to do so a nice cleaning can be done.

Note: *Oto catfish*, also known as *Dwarf Suckermouth*, is an animal that cleans everything around it.

Attributes practiced: health, family bonding.

March 25th –

Invite your family to join you and listen or dance to this beautiful song:

<https://www.youtube.com/watch?v=rzeLynj1GYM>

(La vie en rose, Edith Piaf, 1954)

March, 26th – Bear's Day

The bear hibernates in its cavern during the winter. Feel the need to rest on Sunday and have a good night of sleep. Go to bed early and turn the light off. Your body will be grateful. Our body has basic needs and some physical and mental limits. Learn from your friend Bear and get a good rest whenever you feel the need to do so and it is possible. A good rest and a restful night, allow the body to strengthen itself for the activities of the following day. How many hours of sleep do you have per night? Skills practiced: health care, self - esteem.

March 27th – Whale's Day

Today is Global Wellness Day! You are invited to take 7 steps to a healthier life and invite others to do the same!

1. Walk or do some light exercise for 1 hour
2. Eat healthier (choose more fruits and vegetables and, less sugar and salt)
3. Drink plenty of water
4. Reduce the use of plastics
5. Get enough sleep
6. Have dinner with your family or with anyone you like
7. Do a good deed

Skills Practiced: Health, sustainability, sensitivity to context, empathy, commitment to Planet Earth

March, 28th – Hummingbird's Day:

Last week we had a special activity. Each student was invited to spin a globe or a world map and with eyes closed choose a location with a finger. The goal was to choose a country. So if you had pointed to an ocean or glacial, the intention was to identify and choose the nearest country. It was better if each student would choose a different country. Each student needed to write down

the selected country and do some research to know: name of the country, nationality, continent in which it is found, language spoken, and main characteristics.

Today, you should do some research on typical food and weather of the country you selected. Then share the information with your classmates. Remember: we have a lot to learn from our world and its inhabitants!

Attributes practiced: Context Sensitivity, Empathy

March, 29th – Squirrel’s Day

Learn how to save energy with the Squirrels. They are ours Nature’s friend and they teach us, with their essence, and the gift for providing and stocking. Do not waste energy unnecessarily. Do not waste your mental energy in situations that will not contribute to your progress and inner peace. Learn to choose positive thoughts and to separate and discard all mental waste and everything that does not really contribute to your well-being.

The Squirrels also teach us how to preserve our relations with our family and friends. It is very important to value the people who surround us! Draw a big circle on a sheet of paper and write inside of it the names of all those you love and are part of your life: your family members, teachers, classmates, and friends.

Skills practiced: Empathy, self-esteem.

March, 30th – Bat’s Day: Thursday

Bats are one of the sleepest animals ever! Today, before going to bed, how about putting a relaxing song on? Suggestion:

https://www.youtube.com/watch?v=9pGllimGf_I

This song is from the famous composer Johannes Brahms.

Attributes practiced: Relaxing

March 31th – Pony’s Day

Just like the horses, ponies can also be used in equine therapy to help people with emotional difficulties become healthier!

Now that you know a little more about Hippocrates (who also helped people to be healthier), let's check out the Hippocratic Oath! Swearing the Oath remains a rite of passage for medical graduates before receiving the title of doctor and helps us to understand what is the so-called ETHICS! Let’s read it:

*“I swear to fulfill, to the best of my ability and judgment, this covenant:
I will respect the hard-won scientific gains of those physicians in whose steps I walk, and gladly share such knowledge as is mine with those who are to follow.*

I will apply, for the benefit of the sick, all measures [that] are required, avoiding those twin traps of overtreatment and therapeutic nihilism.

I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon's knife or the chemist's drug. I will not be ashamed to say "I know not," nor will I fail to call in my colleagues when the skills of another are needed for a patient's recovery.

I will respect the privacy of my patients, for their problems are not disclosed to me that the world may know. Most especially must I tread with care in matters of life and death. If it is given me to save a life, all thanks. But it may also be within my power to take a life; this awesome responsibility must be faced with great humbleness and awareness of my own frailty. Above all, I must not play at God.

I will remember that I do not treat a fever chart, a cancerous growth, but a sick human being, whose illness may affect the person's family and economic stability. My responsibility includes these related problems, if I am to care adequately for the sick.

I will prevent disease whenever I can, for prevention is preferable to cure.

I will remember that I remain a member of society, with special obligations to all my fellow human beings, those sound of mind and body as well as the infirm. If I do not violate this oath, may I enjoy life and art, respected while I live and remembered with affection thereafter. May I always act so as to preserve the finest traditions of my calling and may I long experience the joy of healing those who seek my help."

April 1st – Rooster's day:

Our friend Rooster is very secure and determinate. It shows a strong and high self-esteem. It's an animal that preserves its territory, taking good care of the surrounding. Learn from the rooster to take care of your own body, maintaining a good hygiene, a good health, and organize and take care of your things.

Attributes practiced: Self-esteem, attention, health, respect

April 2nd – Horse's Day:

The horse is very strong, tolerant and acts on solidarity. What subjects in school you find ease to learn and enjoy the most? Can you easily share this knowledge with you classmates, friends and family?

Attributes practiced: Altruism, team work, empathy

April 3rd – Dolphin's Day:

Never throw trash, plastic bags, or any other material into the seas or oceans. Preserve the marine fauna and flora. Sea turtles, dolphins, whales, fish, mollusks, as well as crustaceans and all marine life require a healthy environment and clean water, without any pollution. Try to think about this with your teacher. Attributes practiced: Care for the environment, ecology

April 4th – Wolf's Day:

Wolves walk a lot around the forest. Daily physical activities are very healthy and everyone should keep up a good hydration. Always drink high quality water. Have healthy diet and work out regularly. And just like the wolves be a very healthy person with lots of strength.

Attributes practiced: Health, healthy diet, hydration.

April 5th – Otter's Day:

Did you smile today? Smiling, besides it is good for health, can help improve the environment in which we live. If you feel like, try to look into the eyes of the people in your family or people that live with you and you like very much and give them a sincere smile! Try inviting a relative to do the same with you.

Attributes practiced: Health, Context Sensitivity

August 6th – Armadillo's Day:

Think about everything you have learned this week and write it down in your notebook.

April 7th – Rooster's Day:

Our friend Rooster crow every morning at the same time to greet the new day. We, too, must learn to be on time for our commitments. There is no need to rush, nor to race against time. With discipline we are able to better organize ourselves so that we can fulfill our daily duties with precision, comfort and balance.

Attributes practiced: Attention, discipline, precision and respect.

April 8th – Horse's Day:

Horses are tough, strong and very muscular. However, they can, with discipline and attention, accomplish precise and difficult tasks. They are known to be careful and focused on their activities, and with this they are able to successfully combine strength, speed, precision, and attention. Respect and discipline are very important factors to concentrate better and learn more.

Attributes practiced: Balance, concentration, attention.

April 9th – Dolphin's Day:

Dolphins are cheerful and outgoing animals. With extraordinarily intelligence and gentleness, they are able, with a lot of team spirit, to share obligations and tasks for the common good. Always be cheerful, helpful, and respectful in all your daily activities. Take four deep breaths,

slowly, and think about the following sentence: "I am intelligent, I have education, and greatness of Soul!".

Attributes practiced: Empathy, teamwork, respect.

April 10th – Wolf's Day:

Our wolf friends go for long walks daily and have excellent strength. In order to be in good health, we need to have a healthy and assorted diet with lots of fruits, grains, and vegetables, drink plenty of water whenever we need to, and also exercise regularly. Attributes practiced: Health and nutrition.

April 11th – Hummingbird's Day:

Hummingbirds build their nests in a safe place, since they are small birds and very fragile in appearance. They pay off their fragility with exceptional flight movements and speed. They always fulfill their needs with hard work, intelligence, great care, and devotion. Let's learn from the Hummingbirds to work with love and dedication.

Attributes practiced: Self-esteem, balance, attention.

April 12th – Otter's Day:

Otters are soft, gentle and delicate. They live either in the water or in the ground, sharing their existence with great grace, harmony and dexterity. They deal very well the weather's variations and don't let anything disturb their life, knowing how to live fully. Let's learn from the Otters to recognize that we are not all the same as human beings and to respect the differences?

Attributes practiced: Resilience, self-esteem, tolerance, discernment.

April 13th – Armadillo's Day:

Listen to this beautiful song, as suggested, and write inside a circle, all the nice things you wish for your community, family, classmates, and teachers. Then, do a drawing that represents all that. We suggest you watch this video along with your family:

<https://youtu.be/tt8VL4q40h8> (Joe Hisaishi & New Japan Philharmonic World Dream Orchestra - "Un homme et une femme" by Francis Lai)

Attributes practiced: Happiness, creativity, solidarity and dreams.

April 14th – Rooster's Day:

The rooster wakes up early, happy, and in a good mood. Learn from this friend of the animal kingdom to wake up in a good mood and ready for your next day, having at least 7 hours of sleep at night. Think of the joy of having a healthy body and full of vitality. Do the math and see if you are being able to accomplish your goal of a good night of sleep and energy replenishment. Carefully consider everything that can feed your body and your soul. And make

the right choice for what is good for you. Attributes practiced: Self-esteem, attention, health, respect.

April 15th – Horse's Day:

The horse, like the dog, is also a great friend of man, although it has very different characteristics. We have several types of friends. Let us be respectful of their differences, their different ways of rapprochement and friendship in order to build a richer, plural, and more fascinating world. Allow, therefore, a greater and more diverse learning in our lives. We can also be great friends, and learn how to build fulfilling friendships.

Attributes practiced: Altruism, team work, empathy.

April 16th – Dolphin's Day:

Dolphin's intelligence and gentleness are extraordinary. They are mammals like us and have a great sense of family like the elephants. They have good memory and when they meet again, after being away for some time, they are able to recognize each other and show happiness for meeting again. Let the inner dolphin that exists in you flow and beat within your heart and immerse yourself in the ocean of pleasure that is gratitude, trust and friendship.

Attributes practiced: Empathy, attention, happiness.

April 17th – Wolf's Day:

It's said that when the wolves move around, the elderly and the sick one go ahead of the pack, followed by the stronger wolves, the females, and the pups. Finally follows the Alpha Male. This way the weaker animals set the pace of the walk without being left behind. Let us learn some lessons from the wolves and be more understanding and tolerant with those that are weaker (physically, mentally and emotionally). The most fragile people need our physical, moral, ethical and spiritual strength to walk along with them!

Attributes practiced: Altruism, empathy, fraternity.

April 18th – Hummingbird's Day:

It is said that hummingbirds are messengers of happiness and gentleness. The hummingbird can fly in all directions and even stop in the air. And how about us, how do we move the world? Do we know how to be kind and polite to others? Does our presence cause joy around others? Write three words to describe how we feel at home, at school, and among friends.

Attributes practiced: Empathy, self-esteem, respect.

April 19th – Otter's Day:

Breathe in and out five times very slowly. Otter is a playful animal. Attentive and always with good feelings about life, the Otter believes in a wide and good coexistence with everyone around. Let yourself be carried away by the waters of time without fears. To play of being happy is part of learning. Write down two things that make you very happy.

Attributes practiced: Memory, resilience, self-esteem.

April 20th – Armadillo’s Day:

Armadillos dig dens to live in and they use their protector shell to defend themselves from others predators. Be true. Emphasize the truth, always. Do all of your actions with great strength and determination. Your honesty and correct attitudes will be like a huge shell protecting you for your whole life, in any situation.

Attributes practiced: Respect, self-esteem, ethics.

April 21th - Rooster’s Day:

Take a deep breath and think about your weekend. What positive situation did you experience during the weekend? Remember: there is always something positive, even if you have gone through some problems. Write in a paragraph about what was positive. (For smaller children, if you prefer, you can draw). Then share it with your teacher! Attributes practiced: Resilience, attention

April 22th -Dolphin’s Day:

Close your eyes, take 5 deep breaths (pause). Know that, while you are here, in your classroom, doing this practice of relaxation and looking forward a better world, there are many children and teenagers around the world doing the same. At this moment, people from Brazil, Germany, Portugal, and Cambodia are doing the same as you are. No matter the differences, everyone wants health, peace, love, and happiness. For the next few seconds, with your most honest feelings, try to wish all of that to them now! "May we all be well". Now take a deep breath...and open your eyes.

Attributes practiced: Relaxation, empathy.

April 23th – Wolf’s Day:

Don’t use a pen or pencil and do not write it down, important to make the sum calmly. There should be only one digit left. That is, if the total is 25, add $2 + 5 =$ mentally add the number of the date of your birth. Add the day + the month + the year. Take your time, concentrate. It’s 7.

Attributes practiced: attention, working memory, intelligence

April 24th – Hummingbird’s Day:

For each letter of your name, write a quality of you. For example: PATRICIA: P = Patient, A = Attractive, T = Talented, R = Responsible, I = Intelligent, C = Creative, I = Intense, A = Attentive

Attributes practiced: Creativity, self-esteem.

April 25th – Otter’s Day:

Workout for one hour today! Choose something that you enjoy and let’s go!! Attributes practiced: Health.

April 26th – Armadillo’s Day:

Think about everything you have learned this week. If you feel like, invite your family to hear about it. And next week, it will be great if you share it with your teacher too.

April 27th – Squirrel’s Day:

Sometimes we look around but we don’t really see anything. In silence, try to notice everything around you. Now, notice everything that has been handmade by someone. If you see a table, for example, imagine who made it and when...If you see a notebook, do the same. Think about how everything has changed and how many people worked on all that is around you now!

If you want, you are more than welcome to draw what you just thought about.

Attributes practiced: Respect, sensitivity to the context, attention, working memory.

April 28th — Bear’s Day:

Bears don’t let themselves get upset by bad situations that might occur sometimes. Bears hibernate during the winter and wake up in the spring with lots of energy and faith in life. So, be as a bear, renew yourself each morning with determination, courage, perseverance, and faith. Bear again each morning and go on relying on the light of the new day.

Attributes practiced: resilience

April 29th – Snake’s Day:

Snakes shed their skin a couple of times during their lifetime. Because of that for many cultures the snake symbolizes healing and change. The "healing changes". Everything in this life works for our growth and learning. Every stage of life the snake changes its skin, it’s allowing itself to be instinctively regenerated.

Go over your emotions, your feelings and thoughts to see which ones need to be improved. New ideas, new courses, more wisdom... new frontiers. Allow yourself to grow!

Attributes Practiced: self-esteem, courage, confidence.

April 30th – Penguin’s Day:

Penguins dive into the rough sea either looking for food and/or fun.

They accept the forces of nature and the most adverse situations as parts of a world where courage is a useful survival tool of the species. Go deep into your studies, without fear or distress. Learning also means understanding that we all have some difficulty and that we need to determinedly walk toward our goals, leaving our fears behind.

Attributes practiced: self-esteem

May 1st – Peacock’s Day

To think about it: casually, today is the birthday of three famous soccer players: Neymar Júnior (Brazil), Carlito Tevez (Argentina) and Cristiano Ronaldo (Portugal). What positive characteristics make these players good athletes? Do you have any of these characteristics? Is there any that you would like to develop? Attributes practiced: context sensitivity, self-esteem

May 2nd – Firefly’s Day

Close your eyes and sit comfortably. Imagine that you are in a garden with lots of fragrant flowers. Feel the scent of these flowers...take one deep breath... two...three... four deep breaths. In your own time, open your eyes and notice where you are. Attributes practiced: relaxation

May 3th – Lion’s Day:

Have you tried being a poet? Write a small poem with the words “heart”, “school”, “classmates”, “emotion”, “nature”. You may add any other words and put them in any order you want to.

Skills practiced: creativity, reasoning, intelligence

PS: For tomorrow’s exercise you will need to bring some recycle items from home like cans, plastic containers, a piece of fabric or strings, glue, and scissor.

May 4th – Dolphin’s Day:

Today, we will draw the music! See what art piece you can create by listening to this song:

https://youtu.be/CvFH_6DNRCY

This song was composed by the famous French musician called Claude Debussy who lived from 1862 to 1918. We suggest you make an exhibition in the classroom with the art pieces!

Attributes practiced: Relaxation, creative visualization.

May 5th – Wolf’s Day:

Close your eyes and think: Is there someone to whom you have been disrespectful lately (20 second pause). If your answer is yes, now imagine you solving the situation in a different way, so you don’t have to be disrespectful to this other person. You can express what you feel to him/her, but in a calmer and nicer way.

Attributes practiced: respect, empathy

- For tomorrow’s exercise you will need color pencils or crayons, glue and scissors.

May 6th – Hare’s Day:

Do you know it’s not necessary to buy toys to have fun?

With carrots and potatoes, and some accessories you can make some animal toys like chickens and roosters. Use your creativity!

Attributes practiced: Creativity

May 7th– Monkey’s Day

The idiom “every jack to his trace” means to have respect for each other, learning to develop skills such as coexistence, respect for diversity, for the way people dress, and for the way other people think. The right to be different and to be able to express what we really are, without hurting or judging others, provides us with a great well-being. Understanding that we are human beings and therefore fallible and imperfect, helps us to strengthen some of our qualities such as humbleness, discipline and respect. Attributes practiced: Respect

May 8th – Eagle’s Day

With your eyes open, relax your posture, don’t move and, without looking to the sides, notice how the environment is. Notice everything carefully. See the different colors and brightness that is within your field of vision. Try to have an enlarged and more detailed view of what you usually have. Carefully, be curious and open minded about it; Like if you were seeing it for the first time!

Attributes worked: Attention, working memory, sensitivity to the context, creativity

May 9th – Ant’s Day:

Reading is very important to make people smarter and with a better memory. This week's suggestion is that you choose a book from any subject you like, to read and enjoy! Once you have decided on the book, write down in your notebook the name of the book.

Attributes worked: intelligence, persistence, frustration tolerance.

May 10th – Lion’s Day:

Keep your eyes closed and pay attention to your breathing. Mentally, repeat very slowly the phrase "May I have confidence and courage". The best way is to inhale (breathe in, through the nose) and then exhale (breathe out, also through the nose) while thinking of the phrase. Feel this phrase making an impact on you. And repeat mentally repeat: "May I have confidence and courage" (pause)... very calmly and carefully...Once again

(pause). Again... and for the last time (pause). In your own time, you can open your eyes and look around the classroom. (For smaller children, it is possible for the sentences to be said out loud. If so, lead the way so they say it all together).

Attributes worked: ethics.

May 11th - Squirrel’s Day:

With your eyes closed, imagine a large tree full of apples, an Apple Tree (pause). You approach it and, for your surprise, the tree itself puts a beautiful, healthy apple in your hand! You take the apple and carefully realize its smell, shape, color, texture, weight and taste...

Attributes worked: Gratitude, creative imagination.

May 12th – Dog’s Day:



("Derived color application" – This image is a courtesy of Mrs. Yedda Montano Difini, from the School of Arts and Decoration, Porto Alegre - RS)

Carefully observe the image above. Think over on what each of the clowns are expressing. What kind of feelings are they having? Write in your notebook, briefly, what do you believe they are feeling and why.

Attributes worked: emotions, knowledge, context sensitivity, empathy.

May 13th – Whale’s Day:

Did you know that 70% to 75% of our body is water? This means that over two-thirds of our body is water.

Today your commitment is to drink more water than you normally do! Water is very important for the well functioning of our health.

Then, on Monday, tell your teacher if you were able to do it. Also, if you can not understand what 70% or over two-thirds means, ask your teacher to explain it to you.

Attributes worked: Health.

May 14th – Bear’s Day:

Stop for a couple of minutes. Breathe deeply. Think about all you’ve learned today or even this week. Pay attention to your breathing and this fact (it could be about you, other people or maybe the environment). Give your thought on these. Just like the bears that hibernate and after they enjoy the spring with all the energy they have stored, all reflections make you learn, grow and thrive. If you feel like it, write down, in one phrase, what was the learning and share it with your teacher.

May 15th – Eagle’s Day:

Sit on the floor or at your desk with scratch paper or not, crayons, pencil, sand, charcoal, or even just with your finger (it does not matter), begin to paint the music as it comes to your mind, naturally. Whatever you do, you will be doing it right! Teacher may talk a little bit or not, but will be present, joining the kids. It’s a devotional moment to the workout.

Meaning: the senses of sight, hearing, and touch work for the same cause. When I am focused, I am present. It is important to exercise silence, to feel complete.

Link to access the music: <https://www.youtube.com/watch?v=S6OgZCCoXWc>

Do not show the video to the children; let them listen to the song only. Otherwise they may link a specific image from the video to their drawing. This song was written by the famous German composer Johann Sebastian Bach (1685-1750).

Skills practiced: motor coordination, concentration, attention, creativity, patience.

May 16th – Ant’s Day:

On May 16th 1975, a Japanese woman named Junko Tabei was the first woman to climb Mount Everest, known to be the world's most difficult and tallest peak. 8,844m of altitude, full of snow, cold, windy, storms and all kinds of adverse conditions. The more you climb, the less oxygen and the greater the difficulty. In silence, she marched up Mount Everest (pause).

Look around and realize everything you see around you and, the feelings it brings to you (pause). You think about giving up, but you keep on going. Until you reach the top of the mountain. Now, think about what attitudes make a person get there. Skills practiced: persistence, frustration tolerance.

May 17th – Lion’s Day:

With your eyes closed, try to remember a situation in your life in which you had a lot of courage and strength! It could be any time ago, a big or small moment that you felt proud of yourself. If you cannot remember one, make up a situation in your mind, in which you feel strength, confident, brave and, generous (pause). Notice all of the details, the people around you and, your feelings. Take a deep breath and realize the courage within you... When you are ready, you can open your eyes.

Skills practiced: Self-esteem

May 18th – Squirrel’s Day:

This is an exercise to be done slowly.

Eyes closed, visualize your house. Visualize all the rooms in it. Now, visualize yourself in your room. A very strong and beautiful white light is coming from your heart now! Your whole body is glowing with that light! This light is so intense and plentiful that it takes care of your room, of all other rooms, of the entire house and, of all the people there. The more you are aware of your breathing, the more intense the light gets. This light is contagious and it’s very good to everyone in her home. When you're ready, open your eyes.

Skills practiced: Relaxation

May 19th – Dog’s Day:

Today is hug day! Get up from the chair and hug as many people as possible! But attention: Who wins the game? Anyone who takes it easy, very slowly, looking the other person straight in the eyes and wishing very good things for him or her! Skills practiced: recognition of emotions, sensitivity to context, empathy

May 20th – Whale’s Day:

Today your commitment is to eat at least one vegetable you do not usually eat. How about accepting this challenge to gain lots of health and a nice experience? Skills practiced: Health

May 21th – Bear’s Day:

Stop for a couple of minutes. Breathe deeply. Think about all you’ve learned today or even this week. Pay attention to your breathing and this fact (it could be about you, other people or maybe the environment). Give your thought on these. Just like the bears that hibernate and after they enjoy the spring with all the energy they have stored, all reflections make you learn, grow and

thrive. If you feel like it, write down, in one phrase, what was the learning and share it with your teacher.

May 22th - Eagle's Day:

List (or draw) three qualities of an "eagle". Are there any of them that you want to incorporate into your day-to-day life? With your eyes closed, take some deep breaths and find out how you can do this!

Skills Practiced: Concentration, creativity

May 23rd - Ant's Day:

Today is the day to do some research.

What is ETHICS? In silence, first, think about the question and try to find the answer within your knowledge. Take note in your notebook. If you do not know what it is, do not worry, we'll have a week to find out! Ask this question at home, ask a friend, do some research... Everyone should write a sentence on what was understood about ethics. Next week everyone will read their answers. Learning together is always better! Skills Practiced: Ethics, frustration tolerance

May 24th - Lion's Day:

Let's imagine that the world had thousands of people, but these people were all the same: YOU. So you would be parents, mothers, siblings, children, teachers, doctors, engineers, janitors, electricians, politicians...Anyway, all people would be "you". Can you imagine? In silence, aware, take a deep breath and reflect for a moment...(pause) A) How would this world be, since you could make it any way you wanted it?

B) What would be so good about it?

(Answers can be written, drawn or cutouts from magazines - optional)

Skills Practiced: Self-esteem, self-acceptance, empathy, creativity

May 25th - Squirrel's Day:

Did you know that trash can be turned into energy?

<https://www.youtube.com/watch?v=eym10GGidQU>

After watching the video, you are invited to think about how you can improve the use of garbage in your home or in your city!

Skills Practiced: Sustainability, creativity, respect for Planet Earth

May 26th - Dog's Day:

Seated with your eyes closed, imagine yourself hugging someone you like. (Pause) Be aware of how you feel...Be in this moment, don't wish for anything in return. (Pause) In your own time, open your eyes.

Skills practiced: Recognition of emotions, empathy

May 27th - Whale's Day:

Today the proposal is for you to persuade your friends and family members to stop using their cell phones while you are together. Can you do this? This way you will have more time to look at each other and to talk.

Skills practiced: Attributes worked: Health, Empathy

May 28th - Bear's Day:

Stop for a couple of minutes. Breathe deeply. Think about all you've learned today or even this week. Pay attention to your breathing and this fact (it could be about you, other people or maybe the environment). Give your thought on these. Just like the bears that hibernate and after they enjoy the spring with all the energy they have stored, all reflections make you learn, grow and thrive. If you feel like it, write down, in one phrase, what was the learning and share it with your teach.

May 29th - Eagle's Day:

Today's letter is "A".

Don't move from your desk. Quietly and, calmly, identify all objects in the classroom that begin with the letter A. Take a few deep breaths to be more aware and start! Then, say out loud to your teacher.

Skills Practiced: Attention, intelligence.

May 30th - Ant's Day:

Today is the day to increase our knowledge on the research started last week!

What is ETHICS? Were you able to answer this question?

When the teacher asks, tell your classmates what understood about ethics! When that is done, it would be interesting if the teacher gives an example about ethics in the classroom.

To start a conversation: "The term ethics derives from the Greek word *ethos* (character, whatever defines a person). And, character, according to Epicurus, is what you are when no one is watching you!"

Learning together is always better!

Skills Practiced: Ethics, frustration tolerance

May 31st - Lion's Day:

If you had an one and only opportunity and could be the president of our country, for a day, what would you do? Besides that, you could give a very positive message to the entire population. What would that message be? It could involve any area. Write it in your notebook and, then share it with your teacher and classmates. (Remember, this activity is not related to any political party or politicians).

Skills Practiced: Empathy, social responsibility

Jun 1st - Squirrel's Day:

Keep your eyes closed and pay attention to your breathing. Mentally, repeat very slowly the phrase "May I respect and preserve life". The best way is to inhale (breathe in, through the nose) and then exhale (breathe out, also through the nose) while thinking of the phrase. Feel this phrase making an impact on you. And repeat mentally repeat: "May I respect and preserve life" (pause)... very calmly and carefully...Once again (pause). Again... and for the last time...(pause). In your own time, you can open your eyes and look around the classroom. (For smaller children, it is possible for the sentences to be said out loud. If so, lead the way so they say it all together).

Skills practiced: Relaxation, respect, commitment to the Planet Earth

Jun 2nd - Dog's Day:

Close your eyes, take a deep breath. Visualize your hands painted in red, as if they were two red lights. Red is an important primary color. Now, notice that this light is spreading to your desk and chair...(pause). It's still spreading to the floor, to the walls, to the ceiling...(pause). Slowly, you realize that the red light has taken over the whole classroom or the whole place in which you are. Everything is red around you. Now, be realize what are you feeling? Do you feel cold, warm, or you didn't notice any change in the temperature? Are there any other feelings? (pause). Now, visualize everything around you with its normal colors. Just as they are. In your time, you can open your eyes and, write or draw the experience you just had.

Skills practiced: Recognition of emotions, creative visualization, context sensitivity Inspiration for this activity from Mrs. Yedda Difinni - School of Arts, 1968

Jun 3rd - Whale's Day:

Today, you will be gifted with a delicious recipe! Remember, do not make it alone. A RESPONSIBLE ADULT MUST BE WITH YOU TO MAKE THE RECIPE!!

TROPICAL SMOOTHIE

Ingredients

- 1 cup frozen pineapple
- 2 cups frozen watermelon
- 1 frozen banana
- 1 cube frozen green banana biomass
- 2 slices of peeled ginger

Directions: Blend all the ingredients until smooth.

GREEN BANANA BIOMASS

Ingredients

- Green unpeeled bananas
- Water

Directions: Wash unpeeled green bananas very well and rinse. Put the bananas in a pressure cooker, add water until it covers the bananas and, cook for 8 minutes after the pressure starts. Turn off the heat and wait for the air to get off. Peel the bananas and blend them with the same water that was used to cook them, until it is a thick paste.

Measures: 1 scoop of water for 2 bananas.

Transfer the pulp, while still hot, to ice buckets and let it freeze. Unmold the frozen cubes and store them in a container with lid in the freezer. The biomass can be used as a base for a lot of different preparations.

Skills practiced: Health

(This recipe was kindly provided by the Nutritionist Gabriela Port,
<http://tudoqfazbem.blogspot.com.br>)

Jun 4th - Bear's Day:

Stop for a couple of minutes. Breathe deeply. Think about all you've learned today or even this week. Pay attention to your breathing and this fact (it could be about you, other people or maybe the environment). Give your thought on these. Just like the bears that hibernate and after they enjoy the spring with all the energy they have stored, all reflections make you learn, grow and thrive. If you feel like it, write down, in one phrase, what was the learning and share it with your teacher.

June 5th - Eagle's Day:

Let's see if you can figure out this task...In silence, think of an animal that begins with the letter "T". Better yet if you can come up with more than one animal. Write it down in your notebook. Now see if there is any animal on your list that has no fur and knows how to swim. It lays eggs and has 4 legs. And, do not have teeth like Tigers do. (Answer:

Tortoise)

What else can you say about this animal?

Skills Practiced: Concentration, intelligence, creativity

June 6th - Ant's Day:

A Moment for reflexion. Is there any subject at school that you could improve on? For example, doing more homework, studying more of a particular subject or, learning better some math that you are having difficulty...Anything that you would like to improve. Take a deep breath, think calmly about it (pause). Now, think about how you would feel if you improved on this...(pause). Now, write down this commitment in your notebook and set a goal. For example, schedule an hour each day to do the homework, ask for help and study with a classmate who understands more about the subject you have difficulty, take a practical class to better understand the subject or even, watch a movie that tells about what you're studying...Go over your goals everyday for a week. It's important to know that we can always improve something when we have desire and persistence!

Skills Practiced: Persistence, resilience

June 7th - Lion's Day:

Many of the world's greatest painters and sculptors have made their self-portrait.

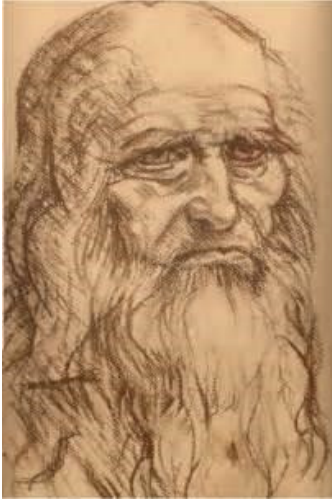
Today we are going to make art!

Use any material you have available to make a drawing of yourself! Before starting this activity, close your eyes and reflect over your most positives characteristics...your best qualities! There is always good things about ourselves...Then, open your eyes and lets get to work! Make sure these qualities are in your drawing!

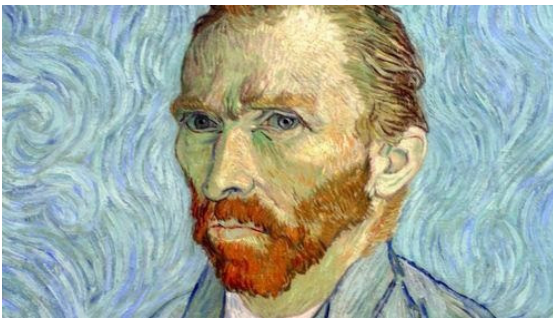
Remember: for art, there isn't right or wrong. All the work done with true dedication and heart will be right!

Skills Practiced: Self-esteem, self-acceptance

If you wish to show to your students, these are some famous self-portraits:



(Leonardo Da Vinci)



(Vicent Van

Gogh)

June 8th - Squirrel's Day:

What if all the flies and mosquitoes on Earth could disappear? What good do flies and mosquitoes do? Do they have any use for the world? Today, the idea is for you to be a researcher! Observe the life of these insects, think about it and, learn more about them.

Next Thursday we will share everyone's answers and learn more about the insects. Skills practiced: Sustainability, creativity, respect for Planet Earth

June 9th - Dog's Day:

Think of a person going through a difficult situation. This person can not be someone close to you. Today I invite to choose someone distant. It can be an artist, a politician, a musician, a journalist... (pause). For a few seconds, put yourself in this person's place and realize how hard it is to be in this situation (pause). Now, wish him/her strength, love and, ability to overcome...so hi/she can feel better. Take a deep breath, be calm.

Slowly open your eyes.

Skills Practiced: Empathy, altruism

June 10th - Whale's Day:

Today is Global Wellness Day! You are invited to take 7 steps to a healthier life and invite others to do the same!

8. Walk or do some light exercise for 1 hour
9. Eat healthier (choose more fruits and vegetables and, less sugar and salt)
10. Drink plenty of water
11. Reduce the use of plastics
12. Get enough sleep
13. Have dinner with your family or with anyone you like
14. Do a good deed

Skills Practiced: Health, sustainability, sensitivity to context, empathy, commitment to Planet Earth

June 11th - Bear's Day:

Stop for a few of minutes. Take a deep breath. Think about all you've learned today or even this week. Pay attention to your breathing and this fact (it could be about you, other people or maybe the environment). Give your thought on these. Just like the bears that hibernate and after they enjoy the spring with all the energy they have stored, all reflections make you learn, grow and thrive. If you feel like it, write down, in one phrase, what was the learning and share it with your teacher.

June 12th - Eagle's Day:

In silence, concentrate, don't talk to your classmates, just grab your notebook and pencil and walk around the classroom looking for and objects that have a RECTANGULAR form. You do not have to touch them or pick them up, just look at them and then start a list on your notebooks with their names. They can be from a classmate, yours or from the classroom. They can be in different sizes. You are able to find at least 5 objects. Good luck!

Skills practiced: Concentration, intelligence, creativity.

- For this Wednesday, we will need a tree seedling. It can be any type of tree. Ask students to bring one this Wednesday. Or they can be donated by a plant company in the city.

June 13th - Ant's Day:

Last week you thought about subjects you could improve in school and wrote it down on your notebook.

If you accomplished your goal, congratulations! If you didn't, try to think why you couldn't accomplish it. Remember to acknowledge it has to do with your own behavior (not others). For example: Did I study enough? Did I ask for anyone's help? Have I entirely devoted myself to achieve my goal? If not, there is always time to get it done right. What do I need to do to change? Write it down again and dedicate daily to get what you want. The only way to achieve ours goals

is to make small and positive improvements everyday. It's important to know that we can always change something if we truly desire and persist.

Skills practiced: Persistence, resilience.

June 14th - Lion's Day:

In some countries, on these days are celebrated the Environment's Week! But every day of the year we must think about the environment we live in. Could you plant a tree today? (Suggestion: all the students could plant a tree in the school's yard or some places close to the school. The tree seedling could be brought by the students or donated by a local plant company). Remember to visit the place where the trees will be planted and to take care of them often.

Skills practiced: Sustainability, commitment to Planet Earth

June 15th - Squirrel's Day:

Hello Researchers! Last week, you were invited to reflect and study on the life of flies and mosquitoes and, why they exist in the world. Could they disappear from Planet Earth? Or, what do they do for the environment? What did you find in your research? Make a group of 3-4 people and see what they found out. Then, share with the big group!

(The teacher will mediate the answers and write them down on the board). Broadly, tell the students the impact insects have on food, food chain, our health and the environment. You can even tell them this curiosity, mosquitos are the main pollinators of the cacao tree (therefore we have chocolate!). Let them know how important it is to maintain an appropriate level of these insects in the world. Also it's important to reinforce that nature is very wise and all living beings exist for a good reason. Skills practiced: Sustainability, creativity, respect for Planet Earth

June 16th - Dog's Day:

Close your eyes... if you could be thankful for someone in your life, of all the people who are important to you, who would that person be? Someone you like very much, someone you honor and care about. Feel how grateful you are for this person, for everything she/he has done for you and means to you. What does this person makes you feel?

Now, take your time to draw this person. Don't worry about drawing a perfect picture, but try to show in the drawing some of your gratefulness, as it would be a gift to him/her. If you wish, you can, indeed, give this person your drawing as a gift or keep it to yourself.

Skills practiced: Relaxation, empathy, gratitude

June 17th - Whale's Day:

Did you know that attention and concentration can be learned? As well as relaxation. These interferes with your mood, your quality of learning, higher grades and a better relationship with other people. Also, it helps to improve your physical health.

Some techniques can do very well for you and your family. And today will be the day to improve your health by BREATHING. Invite a family member to join you.

"For 5 minutes, close your eyes and simply pay attention to the air you are breathing (pause). Notice the air going in and out of your body, how you are breathing and, how you feel".

By simply focusing on your breath (without trying to control it), it helps improve your respiratory and heart rates and improves oxygenation. This practice can be done daily.

Therefore, the benefit is even better.

Skills practiced: Health, relaxation

June 18th - Bear's Day:

Stop for a few minutes. Take a deep breath. Think about all you've learned today or even this week. Pay attention to your breathing and this fact (it could be about you, other people or maybe the environment). Give your thoughts on these. Just like the bears that hibernate and after they enjoy the spring with all the energy they have stored, all reflections make you learn, grow and thrive. If you feel like it, write down, in one phrase, what was the learning and share it with your teacher.

June 19th – Eagle's Day:

In silence, concentrate, don't talk to your classmates, just grab your notebook and pencil and walk around the classroom looking for objects that have a CIRCLE shape. You do not have to touch them or pick them up, just look at them and then start a list on your notebooks with their names. They can be from a classmate, yours or from the classroom. They can be in different sizes. You are able to find at least 5 objects. Good luck!

June 20th – Ant's Day:

In silence, thinks about a story where the character had an adversity situation. It could be from a book or a movie. Think about a hero or another character that has gone through difficult times that caused fear and doubts, but after a certain time, has managed to do something to overcome the problem. Choose the character and the story. Then, as the teacher asks, share the story you chose with your classmates. (Examples: Shrek, The Power puff Girls, Three Little Pigs, Kung Fu Panda) Attributes worked: resilience.

June 21th – Lion’s Day:

Last Wednesday you planted a tree. Check on it to see if it is growing well)Paint the primary colors in your notebook. Now, think about how would the world be if there were only the primary colors. What if all you know that have secondary and tertiary colors would have to be only, yellow, red or blue. Thinks about how important it is to have all the different colors we have in the world, and share your thoughts with the whole class.

(This image is a courtesy of Mrs. Yedda Montano Difini, from the School of Arts and Decoration, Porto Alegre – RS)

Skills practiced: Context sensitivity

June 22nd – Squirrel’s Day:

Today we invite you to work your CREATIVITY! Teachers are welcomed to create a short meditation about RESPECT. Or if you prefer you may invite the students to write the meditation. In that case, after they are done, one student that is willing to may narrate the meditation to the others.

Skills practiced: relaxation, respect.

June 23rd – Dog’s Day:

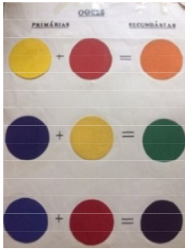
Meditate over this phrase: “When one person in the world is worse, the whole world is worse”. Breathe and feel it. But when one person in the world is better, the whole world is better. Breathe and feel it. Notice that you could be feeling better at this right moment and help the whole world!

Skills practiced: Compassion, ethics, social responsibility

June 24th – Whale’s Day:

Have you used the dental floss today? Do it today! Go to the mirror and make sure you floss all teeth. It is very important to brush your teeth, but to complete the brush its necessary to use the dental floss every day! Invite your family to do the same! Skills practiced: health

June 25th – Bear’s Day:



Stop for a few of minutes. Take a deep breath. Think about all you've learned today or even this week. Pay attention to your breathing and this fact (it could be about you, other people or maybe the environment). Give your thought on these. Just like the bears that hibernate and after they enjoy the spring with all the energy they have stored, all reflections make you learn, grow and thrive. If you feel like it, write down, in one phrase, what was the learning and share it with your teacher.

June 26th- Eagle's Day:

In silence, concentrate, don't talk to your classmates, just grab your notebook and pencil and walk around the classroom looking for objects that have a TRIANGLE shape. You do not have to touch them or pick them up, just look at them and then start a list on your notebooks with their names. They can be from a classmate, yours or from the classroom. They can be in different sizes. You are able to find at least 5 objects. Good luck!

Skills practiced: attention and working memory

June 27th - Ant's Day:

Be honest with yourself and do not look to the sides. Practice your memory! Now, try to remember the names of your classmates. Write them down in your notebook. Maybe you can remember by the attendance list. Focus and good luck! Skills practiced: attention, working memory, context sensitivity.

June 28th - Lion's Day:

Let's think! Imagine that you are living in the prehistorical

Caveman time, and there are no words to say what you

want. Neither pencils, rocks nor drawing to express Yourself. That way, you would have to use your hands to tell someone else about a lion there. If you had only your hands to communicate, how would you demonstrate a lion? What would your hands be? Calmly find out all the ways you can better represent what you want to tell.

Show to a classmate next to you and then let the other person show you his/her representation. It's important to know that there is not just one way of doing this. There are different ways and all of them are right.

June 29th - Squirrel's Day:

Keep your eyes closed and focus on your breathing. Mentally, repeat very slowly the phrase "May I be patient and focused". The best way is to inhale (breathe in, through the nose) and then exhale (breathe out, also through the nose) while thinking about the phrase. Feel this phrase making an impact on you. And mentally repeat: "May I be patient and focused"

(pause)... very calmly and carefully...Once again (pause). Again... and for the last time...(pause). In your own time, you can open your eyes and look around the classroom. (For smaller children it is possible for the sentences to be said out loud. If so, lead the way so they say it all together). Skills practiced: Relaxation, attention

June 30th - Dog's Day:

What is it? Think about it silently and if you find the answer write it down in your notebook. This task will only be completely successful if 70% of the class finds the answer. (The teacher may calculate what 70% of the class is and tell the children so they can understand better. The most important is to attract all the kids to try to get the task done). "What keeps turning around but doesn't go anywhere?" (Answer: the clock. If necessary, give the children another hint, like: people wear it on the wrist). When 70% of the classroom finds out the answer let's give everyone a round of applause!!! Skills practiced: reasoning, belonging to the group, Collaboration.

July 01st - Whale's Day:

Would you be able to produce your own food? To do that, you only need some soil and seeds. It could be carrots, lettuce, kale, arugula...Talk to a grown up at home and decide which one you prefer. Even if you live in an apartment you can plant it on a vase, a plastic container or a can. Take good care growing the plants, water it and expose it to the sun light if needed. After a while you will have a fully grown nutritious vegetable to share with your family. Skills practiced: Health, social responsibility.

July 02nd- Bear's Day:

Stop for a few of minutes. Take a deep breath. Think about all you've learned today or even this week. Pay attention to your breathing and this fact (it could be about you, other people or maybe the environment). Give your thought on these. Just like the bears that hibernate and after they enjoy the spring with all the energy they have stored, all reflections make you learn, grow and thrive. If you feel like it, write down, in one phrase, what was the learning and share it with your teacher.

July 3rd – Eagle's Day:

Close your eyes and pay close attention. This is one of the most difficult tasks. To understand better, think of a car. Our mind thinks we are cars that drive on highways or streets. Truly, we are the roads and the passing cars are our THOUGHTS. When more we think that our thoughts are settled more away from the truth we are. So, a great exercise for that is to realize we are

not our thoughts. We can reach that through the SILENCE. Silence is very powerful. For the next moment, try to silence your mind as much as you can, look to yourself from above and let go of some thoughts (pause). You will keep listening to noises around you. It's OK. Don't judge them, don't give them any names, let them be. Try to reach the silence. Take a deep breath and OBSERVE (pause). This practice is very important to help you focus in class and improve in your tests. Try practicing every day for 1 to 3 minutes.

Skills practiced: mindfulness

July 4th – Ant's Day:

The month has just begun and nothing better than having lots of energy on this day! Just like the ants that know exactly what is their role in the group, do something for your group during this week. Each one of you will have a mission in class. Think about what you could do for your class or classroom this week. In silence, write your idea down in your notebook, and then share it with your teacher and classmates. For example, it could be cleaning the board, sweeping the floor or taking out the garbage...Anything you feel like doing. Remember whatever you decide to do, do it with care and dedication. We always have great opportunities to serve others and make our hearts happy about it. Complementary reading recommended on our website: Giri – www.menteviva.org

Skills practiced: self-esteem, altruism

July 5th – Lion's Day:

Have you tried being a poet? Write a small poem with the words "heart", "school", "classmates", "emotion", "nature". You may add any other words and put them in any order you want to.

Skills practiced: creativity, reasoning, intelligence

PS: For tomorrow's exercise you will need to bring some recycle items from home like cans, plastic containers, a piece of fabric or strings, glue, and scissor.

July 6th – Squirrel's Day:

Use the items you brought for today's assignment to make your own animal! Recycle waste is very useful and you can transform it in a lot of things. Use your imagination and give life to an animal of your choice! You have 10 minutes to finish this activity. Remember: do your best and

whatever you do will be great! Once you are done, name it. (Suggestion: make an exhibition)
Skills practiced: creativity, sustainability



(These images were kindly sent to Mind Alive Program by Larissa and Sara Catharina) P.S.: For tomorrow, bring a fruit or a vegetable from home. Any one, choose carefully.

July 7th – Dog’s Day:

Today you brought a fruit or a vegetable from home. Sit in a circle on the floor and put your food in front of you. Observe carefully what you have...This is something that nature produces and it takes a couple of days to grow and be ready to eat. Most likely it took someone to plant it, whether it was planted in your house or in the other side of the world. It also needed lots of sun light, water, mineral soil, and most important, time. After that it was harvested by someone who dedicated his/her time for that. Someone transported it from where it was planted to here. And somebody else probably washed this fruit or vegetable. Due to a lot of efforts from nature and people, you too benefit from it. This food is just a small example of how our life is connected with others around the world! Besides that, if we did not exchange food (whether for other food or for money), we all would be hungry and have health problems! Our health is directly involved in the variety of food we eat. Each one of them has different ingredients that make our body function well. Now that you gave some thought about it, let’s all repeat together while we share with the classmate on the right what we brought: “I give and receive with respect and happiness”

Skills practiced: health, compassion, commitment with the planet Earth.

July 8th – Whale’s Day:

Flaxseed is very rich in a healthy fiber called lignan and also omega 3 fatty acids. Eating flaxseeds is one of the most effective and cheap ways to improve our health. How about you ask of this ingredient to be part of your menu at home? It could be the golden or the brown flaxseed (which is cheaper but still nutritious). Flaxseed helps to lower the amount of fat in the blood and makes the digestive system work better. You may eat one tablespoon of flaxseed daily. Add it to a soup, beans, rice, salad or where you prefer! Skills practiced: Health

July 9th – Bear’s Day:

Stop for a few of minutes. Take a deep breath. Think about all you’ve learned today or even this week. Pay attention to your breathing and this fact (it could be about you, other people or maybe the environment). Give your thought on these. Just like the bears that hibernate and after they enjoy the spring with all the energy they have stored, all reflections make you learn, grow and thrive. If you feel like it, write down, in one phrase, what was the learning and share it with your teacher.

July 10th - Eagle’s Day

Imagine you are sited at the top of a mountain with an eagle by you. Notice everything that is around you and register it with your imagination. Notice how silent it is. Feel the wind, the fresh and cold air going through your nose and lungs, refreshing you. Observe the sky (its color, light, clouds if any, birds, etc.). Feel how soft is the grass below your feet and place your hands on the stone you are sited on in a way you can feel connected to nature. Feel like you are part of the mountain...feel energized and refreshed. Here, your food in peace. Describe to your classmates, in a few sentences, everything you felt and saw in this experience. Skills practiced: attention, creativity and memory.

July 11th – Ant’s Day:

Ants are natural providers. They work their whole life for the common good of their community; doing everything they can to greatly achieve their own goal and the community’s. Get inspired by these small but valuable examples from ours nature’s friends and try to accomplish with great honor all of your activities. Make of your classwork, your personal care, and your studies, moments to learn how to value every second of your time. Allow yourself to observe everyone and everything around you with kindness and gratitude. Do your activities in an organized way and with discipline.

In these hard working societies like ants and bees, to fulfill your duty is a lifetime goal. Skills practiced: altruism, group work, emotional discipline, empathy.

July 12th – Lion’s Day:

Lions eat only what is needed and don’t waste any of their food. How is your diet? In the end of a meal, have you managed to leave the dish completely empty? Do not waste food. Serve only the amount (snack or lunch) you are able to eat, be healthy, appreciate, and be thankful for everything Nature offers you. A good diet allows a perfect functioning of our whole body. Nature offers us water and food for our health, development, and well-being. Therefore, we cannot waste them! A healthy diet and good hydration allow us to live a healthy and vigorous life!

Skills practiced: Health, self-esteem, caring for your own body and for the planet.

July 13th – Squirrel’s Day:

Learn how to save energy with the Squirrels. They are ours Nature's friend and they teach us, with their essence, and the gift for providing and stocking. Do not waste energy unnecessarily. Do not waste your mental energy in situations that will not contribute to your progress and inner peace. Learn to choose positive thoughts and to separate and discard all mental waste and everything that does not really contribute to your well-being.

The Squirrels also teach us how to preserve our relations with our family and friends. It is very important to value the people who surround us! Draw a big circle on a sheet of paper and write inside of it the names of all those you love and are part of your life: your family members, teachers, classmates, and friends.

Skills practiced: Empathy, self-esteem.

July 14th – Dog's Day:

Can you comfortably express your emotions and feelings? Do you get offended easily? The noble dog can overcome, with dignity, emotional differences and always forgives friends and family. That's why dog are and will always be man's best friend! Be loyal, sincere, caring, and pleasant. Write the names of your three best friends, and their qualities you most admire the most.

Skills practiced: Empathy, altruism and self-esteem.

July 15th – Whale's Day:

Take deep breathes, 5 times. Imagine being on the high seas with a group of whales. Imagine yourself diving in and interacting with these giant marine animals. Visualize the ocean in a deep blue color and the sky in a light blue color. The sun is shining and its light and heat are everywhere. Can you imagine and hear your friendly whales singing? With your eyes closed, describe the images that come to your mind and share with your classmates what you felt and saw.

Skills practiced: Memory, creativity, attention.

July 16th – Bear's Day:

The bear hibernates in its cavern during the winter. Feel the need to rest on Sunday and have a good night of sleep. Go to bed early and turn the light off. Your body will be grateful. Our body has basic needs and some physical and mental limits. Learn from your friend Bear and get a good rest whenever you feel the need to do so and it is possible. A good rest and a restful night, allow the body to strengthen itself for the activities of the following day. How many hours of sleep do you have per night? Skills practiced: health care, self - esteem.

July 17th – Eagle's Day:

Choose an object from your desk to focus on. It could be a pencil, an eraser, or any other small object you choose. Put the object right in the middle of your desk. In an upright and comfortable position, stare for a moment at this object. Try not to blink... Make sure your

breathing is smooth and relaxed. Gentle...If you get distracted, simply bring the attention back to your object again. Focus. After a few seconds... you can open your eyes.

Skills practiced: mindfulness, memory

July 18th – Ant's Day:

Great scholars are thinking about it, but you may have the solution for it. Today's challenge is to think about a question that is very important to the whole world: "how would it be possible to get enough food for all people on Planet Earth"? First, reflect silently...Then write down what you thought in your notebook. (The younger children can draw it).

The teacher wishes can share the most thoughtful answers with us by sending them to:

contato@menteviva.org

Skills practiced: self-esteem, creativity, altruism, commitment to Planet Earth

July 19th – Lion's Day:

In silence, concentrate, don't talk to your classmates, just grab your notebook and pencil and walk around the classroom looking for objects that are orange. You do not have to touch them or pick them up, just look at them and then start a list on your notebooks with their names. They can be from a classmate, yours or from the classroom. They can vary in size, shape and tone. You are able to find at least 5 objects.

In life, we only see things, even those that are close to us, when we pay attention. Skills practiced: attention and reasoning

July 20th – Squirrel's Day:

Think about the cartoon characters (or movie ones) you know. Usually we can understand how they are by the faces they make and things they do. Think for a little and write in your notebook...

Which one of them is usually?

- Angry, mean:
- Happy, pleased:
- Scared:
- Brave, heroic:

Skills practiced: empathy

July 21st – Dog's Day:

Sit down and close your eyes. Notice the beating of your heart... Notice the air filling up your abdomen (like a balloon), going in and out through your nose...The abdomen is emptying and the air is slowly coming out. Try to focus on the present moment, that is, to what is happening now, which includes paying attention to yourself and to my voice. And now, be thankful for

today! Thank, deep within your heart, for this day that we are living, just as it is. Thank for being alive and living this day! Slowly, open your eyes, and realize where you are.

Skills practiced: relaxation

July 22nd – Whale’s Day:

Did you know that eating 7 servings of fruits or vegetables a day is associated with a reduction of all illnesses by up to 42 percent, according to a paper published in the Journal of Epidemiology and Community Health? Try to think how many servings you eat throughout the day, and what type of fruits and vegetables you eat, from breakfast until bedtime. Of course you may not need to eat so much, but we need to know that vegetables are really good for our health and strength. Remember: the size of a portion is about the size of the palm of your hand. Write about your diet in your notebook and share it with your teacher next week.

Skills practiced: health

July 23rd – Bear’s Day:

Stop for a few of minutes. Take a deep breath. Think about all you’ve learned today or even this week. Pay attention to your breathing and this fact (it could be about you, other people or maybe the environment). Give your thought on these. Just like the bears that hibernate and after that they enjoy the spring with all the energy they have stored, all reflections make you learn, grow and thrive. If you feel like it, write down, in one phrase, what was the learning and share it with your teacher.

July 24th – Eagle’s Day:

With your eyes closed, imagine yourself choosing 4 paints OF any color you want, to make a large painting on canvas! Feel free to paint the canvas in any way you want! Notice the colors you are using on every part of your painting! When you are done, open your eyes. Were you able to visualize the colors? So, write on a paper the name of the colors you saw. Or, make the drawing just the way you created in your mind. Skills practiced: Attention, Creativity, Working Memory

July 25th – Ant’s Day:

International Peace through Culture Day (Day Out of Time)

Today in many countries it is considered the International Peace through Culture Day (Day Out of Time). What can you do to be a peace ACTIVIST? Try to think of some action that would contribute to the peace of your school, your home, your neighborhood or the building where you live in. Show your peace! Remember, if you truly want to contribute to peace in the world, know that it always starts within you and if you are at peace, other people will also benefit from it!

So, today we will do a meditation on this topic. Take a deep breath...mentally and slowly repeat (or out loud to younger children) the following 3 times:

May peace be with me.

May peace be with you.

Open your eyes write it down or draw your purpose for peace.

Skills practiced: Relaxation, Altruism

July 26th – Lion's Day:

One of the biggest challenges of the world is sustainability. That is, how we can ensure that the environment is preserved and that the Earth can be sustained with all its resources available for thousands of years. However, we have lots of problems to solve, such as excessive garbage, pollution of rivers and seas, air pollution, etc.

Do you have any idea in how the environment can be improved? Think over your suggestion and write it down in your notebook. (Teachers may share the answers with us by e-mailing them to: contato@menteviva.org)

Skills practiced: Ethics, Commitment to Planet Earth

July 27th – Squirrel's Day:

Close your eyes and do the relaxing breathing you already know. (Calmly breathe and notice the air going in and out). Pause. Now imagine your teacher is right in front of you... Wish him/her a good day, health and joy as the day goes by. Slowly, open your eyes.

Skills practiced: Relaxation, Empathy, Compassion

- For tomorrow's activity, you will need a globe or a world map.

July 28th – Dog's Day:

Today we will do a special activity! The teacher will pass around the globe (or the world map) to each of the students. Each student, with eyes closed, should choose a country. You can rotate the globe or the map and ask each student to position the finger where to stop it. It is necessary that the choice be random and unintentional. If your finger points to an ocean or a glacial, choose the closest country of the selected location.

Each student should write down the selected country and do some research on: the name of the country, nationality, continent in which it is found, language spoken, and main characteristics. Next Friday, you must bring these answers to be shared with your classmates. Remember: we have a lot to learn from the whole world!

Skills practiced: Context Sensitivity, Empathy

July 29th – Whale's Day:

Today's suggestion is for you to go to bed early and invite someone else from your house to go to bed early too! Now that you know how it's done, you can do a meditation for relaxation or listen to a relaxing song before bed. Having a good night of sleep is very important for your health!

Skills practiced: Health

July 30th – Bear's Day:

Stop for a few of minutes. Take a deep breath. Think about all you've learned today, this week or even this first semester. Pay attention to your breathing and this fact (it could be about you, other people or maybe the environment). Give your thought on these. Just like the bears that hibernate and after that they enjoy the spring with all the energy they have stored, all reflections make you learn, grow and thrive. If you feel like it, write down, in one phrase, what was the learning and share it with your teacher.

July 31st – Rooster's Day :

Be sited in your chair with your eyes open; touch your own hair or your head. Often throughout the day, you must do this, and do not even notice.

Now, with your eyes closed, pay attention to your breathing (pause). With both hands (when possible), use the tips of the fingers to touch your scalp, feel the roots of your hair...don't hurry and with a lot of attention move your finger slowly and go all around your scalp.

Notice the temperature, the humidity, the thickness of your hair, the length of your hair, feel the sensation of your scalp being touched by your hands, feel the sensation of your hands on top of your head...(pause). Try to massage yourself.

Slowly, open your eyes and find out if the first experience was different from the second.

Attributes practiced: Mindfulness

August 1st – Horse's Day:

Close your eyes and focus on your breath (pause). Identify what emotion you are feeling today. Now bring the attention to your body and notice if any area feel tight or tense in any way...Almost always, bringing the attention to your body helps to understand how you are feeling. Sometimes a tightness in the chest or having difficulty to breathe may represent sadness...tickles in the stomach can mean fear...So, see if the body is giving any sign of your feelings and emotions. Today, do you think you are nervous, scared, angry, or calm, happy, and peaceful? (Pause).

Now, open your eyes and try to draw (or write) yourself, showing how you are feeling. To recognize emotions is very important for every moment in our life and the more aware we are of our feeling better will be our relationships (friendships).

Close your eyes again...if you happen to notice that you are not feeling well, try to choose a new, more positive feeling (pause)... Take a deep breath...realize that good feeling can also be chosen.

Take a deep breath and come more aware of the sense of peace and the energy growing into your chest each time the air goes in and out... Breathe in and out 3 times and open your eyes.

Attributes practiced: Recognition of emotions

August 2nd – Dolphin's Day:

Last week we talked about that one of the biggest challenges of the world is sustainability. That is, how we can ensure that the environment is preserved and that the Earth can be sustained with all its resources available for billions of people and for thousands of years. However, we have a lot of problems to solve, such as excessive garbage, pollution of rivers and seas, air pollution, etc.

We encouraged you to think about ideas on how to improve our environment and write it down in your notebook. Anyone who feels comfortable can share their ideas with the large group. The teacher can lead the best way to make this happen. (Maybe your school is on vacation. But still the teachers can share some answers with us by e-mail contato@menteviva.org or by Whatss App on our cell phone + 55 54 99114-5508). Attributes practiced: Creativity, Ethics, and Commitment to Planet Earth

August 3rd – Wolf's Day:

Did you know that wolves have an excellent sense of hearing? They are very attentive and able to hear even the noise of a leaf falling to the ground from a tree. Close your eyes and notice the noises around you. To all of them...(pause). Are the noises from people talking, music, electric devices, or from the nature outside? Can you hear your breath? Slowly open your eyes. Values practiced: Attention, Memory

- If you did not do last week's activities, maybe tomorrow it would be interesting to bring a world map or a globe for the classroom.

August 4th – Hummingbird's Day:

Last week we had a special activity. Each student was invited to spin a globe or a world map and with eyes closed choose a location with a finger. The goal was to choose a country. So if you had pointed to an ocean or glacial, the intention was to identify and choose the nearest country. It was better if each student would choose a different country. Each student needed to write down the selected country and do some research to know: name of the country, nationality, continent in which it is found, language spoken, and main characteristics.

Today, you should do some research on typical food and weather of the country you selected. Then share the information with your classmates. Remember: we have a lot to learn from our world and its inhabitants!

Attributes practiced: Context Sensitivity, Empathy

August 5th – Otter’s Day:

Did you smile today? Smiling, besides it is good for health, can help improve the environment in which we live. If you feel like, try to look into the eyes of the people in your family or people that live with you and you like very much and give them a sincere smile! Try inviting a relative to do the same with you.

Attributes practiced: Health, Context Sensitivity

August 6th – Armadillo’s Day:

Think about everything you have learned this week and write it down in your notebook.

August 7th – Rooster’s Day:

Part 1 – Think about a rooster. With eyes closed, try to imagine a rooster. In silence, think about its characteristics (pause). Is there any characteristic that you think is cool in a rooster? With your eyes open, write or draw, briefly, what you imagined. Attributes practiced: Sensitivity to context, creativity, attention

Part 2 – In your opinion, what is the best name for our Rooster?

A-() Desperto, B-() Awake, C-() Eveille or D-() Cocó

August 8th – Horse’s Day:

Part 1 – “The horse has helped to build a great part of the world”. In silence, for 2 minutes, think over this sentence. What does it mean? What horses have to do with building communities and constructions? Write down or make a drawing in your note book showing what you have thought about it and share it with the class as the teacher asks you to.

Attributes practiced: Logic, attention, intelligence and creativity

Part 2 – In your opinion, what is the best name for our Horse?

A() Horse Force, B() Hills, C() Equus, D() Force

August 9th – Dolphin’s Day:

Part 1 – Close your eyes, slowly take 5 deep breaths (pause). Imagine a dolphin is swimming in the ocean...it’s a sweet and calm animal. Imagine it’s a beautiful day, the ocean water is in a great temperature and you are on a sailing boat watching the dolphins. Imagine a bunch of dolphins. Then, you decide to jump in the ocean...and you start to swim along with the dolphins. You are very calm and safe, and you feel extremely light and free swimming in the sea, with great happiness and peace. Then you say goodbye to the animals and go back to the boat. Slowly, open your eyes and notice how you are feeling.

Attributes practiced: relaxation and creative visualizations.

Part 2 – In your opinion, what is the best name for our Dolphin?

A () Sweet, B () Cosmo, C () Alegro, D () Del

August 10th – Wolf's Day:

Part 1 – Close your eyes, slowly take 3 deep breaths. Imagine a Nursing Home. Try to imagine how is a place where a lot of elderly live. Notice that some are ill, others are healthy...It's a place where everyone has lots of life experiences and they have a lot to teach us. Now, try to wish good things to these people. Thank them for their lives, for doing good things to other people, and for their knowledge. Slowly, open your eyes.

(Wolves are animals that respect older animals).

Attributes worked: respect, empathy

Part 2 – In your opinion, what is the best name for our Dolphin?

A () Lupus, B () Sabidus, C () Lobito, D () Buff

August 11th – Hummingbird's Day:

Part 1 – Do you remember, what was the country you chose in the map? We already know its name, its nationality, which continent it's in, the language spoken and its main characteristics. We also know its typical food and how is the weather like. You were invited to share this information with the class. Today, try to find out what kind of animals live there and if there are any attractions and particularities in this country!

Remember, we have a lot to learn from our world and its inhabitants!

Attributes worked: Context Sensitivity, Empathy

Part 2 – In your opinion, what is the best name for our Hummingbird?

A () Vida, B () Lucky, C () Sortudo, D () Beijoca

Part 3 – In your opinion, what is the best name for our Otter?

A () Smart, B () Pescadora, C () Speed, D () Fiu-fiu

Part 4 – In your opinion, what is the best name for our Armadillo?

A () Armandu, B () Kirkinchu, C () Tatuado, D () Túta

August 12th – Otter's Day:

A health tip is to eat lime every day. Along with a healthy life style, half a lime in the morning on an empty stomach can be handy and helpful to avoid some diseases and promote good

health! You may substitute the lime for lemon or grapefruit. It would be really nice if you invited someone else in your family to do the same. What do you think?

Attributes practiced: health.

August 13th – Armadillo’s Day:

Think about everything you have learned this week. If you feel like, invite your family to hear about it. And next week, it will be great if you share it with your teacher too.

August 14th – Rooster’s Day:

Have you yawned today? No matter what time of the day it is, to yawn and to stretch is very good for tissue oxygenation and for your posture. So let's go! Feel free to stretch and yawn! Take a deep breath, hold your breath and straighten your arms, your spine, your legs, your neck and shoulders. Feel your own strength and energy! You can do this sitting or standing!

Attributes practiced: Relaxation and health

August 15th – Horse’s Day:

Close your eyes and for a few seconds, imagine yourself in a difficult situation...Look around you and see who else is there with you (do this for 20 seconds, maximum). Now, notice that inside of you there are important elements that can help you solve the problems. With your ability to communicate and overcome, now this situation is being solved. Take a deep breath and open your eyes.

Attributes practiced: Resilience.

- For tomorrow’s exercise you will need color pencils or crayons.

August 16th – Dolphin’s Day: We

Today, we will draw the music! See what art piece you can create by listening to this song:

https://youtu.be/CvFH_6DNRCY

This song was composed by the famous French musician called Claude Debussy who lived from 1862 to 1918. We suggest you make an exhibition in the classroom with the art pieces!

Attributes practiced: Relaxation, creative visualization.

August 17th – Wolf’s Day:

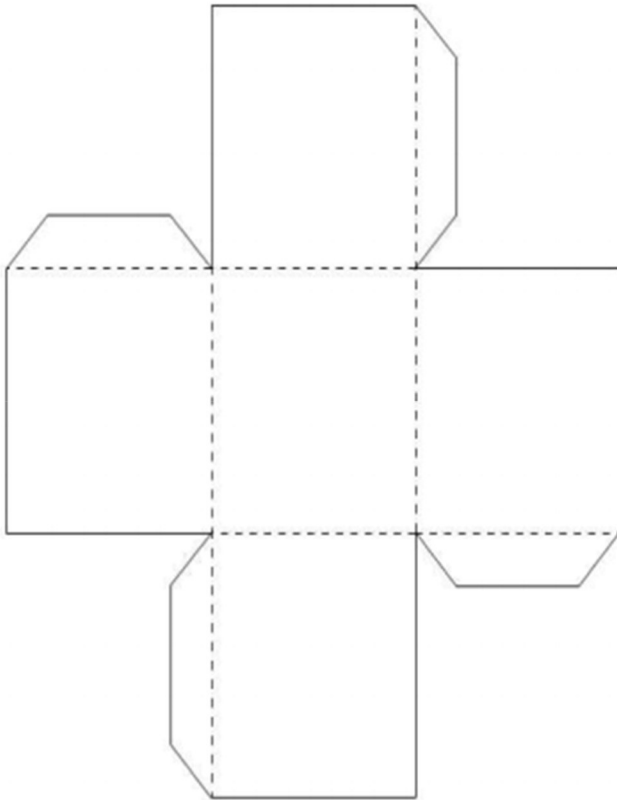
Close your eyes and think: Is there someone to whom you have been disrespectful lately (20 second pause). If your answer is yes, now imagine you solving the situation in a different way, so you don't have to be disrespectful to this other person. You can express what you feel to him/her, but in a calmer and nicer way.

Attributes practiced: respect, empathy

- For tomorrow's exercise you will need color pencils or crayons, glue and scissors.

August 18th – Hummingbird's Day:

Today is the Box of Qualities' Day! From the paper mold (as below) or any other free form you wish, create a box; a 6-sided cube box. Before setting up the box, feel free to draw or write YOUR OWN QUALITIES on the sides! Think about your skills and what makes you proud of yourself. We all have good skills and qualities (Teachers, please, help the students to recognize and express their qualities).



Attributes practiced: recognition of emotions, self-esteem

August 19th – Otter's Day:

The Offline Day! Today we challenge you to keep away from screens...that's right! Try not to use cellphones, tablets, and computers or watch television. Do you accept this challenge? Without these devices you will notice other things in your day that you normally don't see or pay attention to! Invite your family to join you in this challenge!

Then, in class, tell us what the result was.

Attributes practiced: Health, family time together

August 20th – Armadillo's Day:

Think about everything you have learned this week. If you feel like, invite your family to hear about it. And next week, it will be great if you share it with your teacher too.

August, 21st – Rooster's Day:

The rooster wakes up early, happy, and in a good mood. Learn from this friend of the animal kingdom to wake up in a good mood and ready for your next day, having at least 7 hours of sleep at night. Think of the joy of having a healthy body and full of vitality. Do the math and see if you are being able to accomplish your goal of a good night of sleep and energy replenishment. Carefully consider everything that can feed your body and your soul. And make the right choice for what is good for you. Attributes practiced: Self-esteem, attention, health, respect.

August 22nd – Horse's Day:

The horse, like the dog, is also a great friend of man, although it has very different characteristics. We have several types of friends. Let us be respectful of their differences, their different ways of rapprochement and friendship in order to build a richer, plural, and more fascinating world. Allow, therefore, a greater and more diverse learning in our lives. We can also be great friends, and learn how to build fulfilling friendships.

Attributes practiced: Altruism, team work, empathy.

August 23rd – Dolphin's Day:

Dolphin's intelligence and gentleness are extraordinary. They are mammals like us and have a great sense of family like the elephants. They have good memory and when they meet again, after being away for some time, they are able to recognize each other and show happiness for meeting again. Let the inner dolphin that exists in you flow and beat within your heart and immerse yourself in the ocean of pleasure that is gratitude, trust and friendship.

Attributes practiced: Empathy, attention, happiness.

August 24th – Wolf's Day:

It's said that when the wolves move around, the elderly and the sick one go ahead of the pack, followed by the stronger wolves, the females, and the pups. Finally follows the Alpha Male. This

way the weaker animals set the pace of the walk without being left behind. Let us learn some lessons from the wolves and be more understanding and tolerant with those that are weaker (physically, mentally and emotionally). The most fragile people need our physical, moral, ethical and spiritual strength to walk along with them!

Attributes practiced: Altruism, empathy, fraternity.

August 25th – Hummingbird's Day:

It is said that hummingbirds are messengers of happiness and gentleness. The hummingbird can fly in all directions and even stop in the air. And how about us, how do we move the world? Do we know how to be kind and polite to others? Does our presence cause joy around others? Write three words to describe how we feel at home, at school, and among friends.

Attributes practiced: Empathy, self-esteem, respect.

August 26th – Otter's Day:

Breathe in and out five times very slowly. Otter is a playful animal. Attentive and always with good feelings about life, the Otter believes in a wide and good coexistence with everyone around. Let yourself be carried away by the waters of time without fears. To play of being happy is part of learning. Write down two things that make you very happy.

Attributes practiced: Memory, resilience, self-esteem.

August 27th – Armadillo's Day:

Armadillos dig dens to live in and they use their protector shell to defend themselves from others predators. Be true. Emphasize the truth, always. Do all of your actions with great strength and determination. Your honesty and correct attitudes will be like a huge shell protecting you for your whole life, in any situation.

Attributes practiced: Respect, self-esteem, ethics.

August 28th – Rooster's Day:

Sit down comfortably. Keep your posture upright and your feet flat on the floor. Rest your hands comfortably on your legs. With your eyes open, place your attention on a fixed point in front of you at level of your nose. Keep your eyes open, try to focus on this point as much as possible. Take a deep breath and just focus your attention on this point and your breathing. Keep a good posture, but make sure there are no areas of tension in your body. Take five deep breathes and end the practice.

Attributes practiced: mindfulness

August 29th – Horse's Day:

Let's read a book? Go to the nearest library and choose a book that you can be done reading by next Tuesday!

Attention: the size of the book doesn't matter, it's important for you to enjoy the book's content and finish reading it in one week!

Attributes practiced: intelligence, patience, resilience.

August 30th – Dolphin's Day:

With your eyes closed, think of something positive for the person sitting in front of you (or behind, or next to you). Wish something very positive to this classmate, who may be in need of something in particular. This wish cannot be something material, but a feeling or an attitude (such as calm, courage, strength, joy, vitality). Slowly open your eyes. You don't have to share with your classmate what you wished for him, it just had to be something good!

Attributes practiced: empathy, compassion.

August 31st – Wolf's Day:

Think about this Albert Einstein's quote: "The mind that opens to a new idea never returns to its original size". What did he mean? Write down briefly or make a drawing showing what you understood about this quote. If you want to, hang all the answers on the wall for everybody to see them.

Attributes practiced: intelligence, creativity.

Note: For tomorrow's activity, you will need a sheet of paper (any type or size), soil and water.

September 1st – Hummingbird's Day:

Today's suggestion is to listen to this song while making art! You can use the soil to draw on the paper and to put there everything you would like! Use your hands. This activity is just like a meditation. Take deep breaths and do it in silence. You can listen to the song twice if you wish.

<https://youtu.be/Nz0b4STz1lo>

Song by Gustav Holst, performed by James Levine and Chicago Symphony Orchestra.

Attributes practiced: attention, creativity.

September 2nd – Otter's Day:

Are you a person used to drinking sodas? Be aware that drinking sodas regularly may be related to weight gain, diabetes and metabolic syndrome. So try to avoid drinking it as much as possible. Replace soda with water, homemade teas or no sugar added fruit juices! Can you achieve the challenge of not drinking soda this week? Invite a family member to join you in this task! If you get rid of this habit, it will be a great achievement! Good luck!

Attributes practiced: health, family interaction.

September 3rd – Armadillo’s Day:

Think about everything you have learned this week. If you feel like, invite your family to hear about it. And next week, it will be great if you share it with your teacher too.

Soon these activities will be available only for those who sign up on our website and it will still be for FREE. We will let you know in advance so you don’t miss any of the practices.

September 4th – Rooster’s Day

Take a deep breath and think about your weekend. What positive situation did you experience during the weekend? Remember: there is always something positive, even if you have gone through some problems. Write in a paragraph about what was positive. (For smaller children, if you prefer, you can draw). Then share it with your teacher! Attributes practiced: Resilience, attention

September 5th – Guinea Pig’s Day:

Invite someone in your family (or guardians) to watch the sun set with you! If it’s raining invite them to watch the rain together (it can be through a window), even for 5 minutes!

Attributes practiced: Attention, relationship, bonding

September 6th – Dolphin’s Day

Close your eyes, take 5 deep breaths (pause). Know that, while you are here, in your classroom, doing this practice of relaxation and looking forward a better world, there are many children and teenagers around the world doing the same. At this moment, people from Brazil, Germany, Portugal, and Cambodia are doing the same as you are. No matter the differences, everyone wants health, peace, love, and happiness. For the next few seconds, with your most

honest feelings, try to wish all of that to them now! "May we all be well". Now take a deep breath...and open your eyes.

Attributes practiced: Relaxation, empathy.

September 7th – Wolf's Day

Don't use a pen or pencil and do not write it down, mentally add the number of the date of your birth. Add the day + the month + the year. Take your time, concentrate. It's important to make the sum calmly. There should be only one digit left. That is, if the total is 25, add $2 + 5 = 7$.

Attributes practiced: attention, working memory, intelligence.

September 8th – Hummingbird's Day

For each letter of your name, write a quality of you. For example: PATRICIA: P = Patient, A = Attractive, T = Talented, R = Responsible, I = Intelligent, C = Creative, I = Intense, A = Attentive

Attributes practiced: Creativity, self-esteem.

September 9th – Otter's Day:

Workout for one hour today! Choose something that you enjoy and let's go!! Attributes practiced: Health.

September 10th – Armadillo's Day:

Think about everything you have learned this week. If you feel like, invite your family to hear about it. And next week, it will be great if you share it with your teacher too.

September 11th – Rooster's Day:

Today we will do a brief meditation, in a slightly different way. Each student will take their chair and place them against the wall. This way, all of them will be facing the middle of the classroom.

"With your eyes open, sit upright, but at the same time be relaxed. Keep your back straight, and point your eyes slightly down so that you can see your knees. Make sure you are comfortable. Keep your eyes open. When necessary, you may blink. Calmly, focus on your breathing. Notice the air coming in and out of your body. Notice the beating of your heart... and also, if there is any other sounds around you. If there is any other thought in your mind,

do not judge yourself, just let it go and bring the attention back to your breathing. Stretch yourself... and now we can slowly return to our activities

".

Attributes practiced: Attention

Note: the meditation done with the back protected and with the eyes open can increase confidence and concentration. It is highly tested and recommended to be performed in communities of conflict areas or with constant violence.

September 12th – Horse's Day:

Today's task is to come up with an improvement project that can be done to your city. To organize the group better, let's follow a few steps: (1) Teacher asks everyone to think about a problem in the community or situations that has room for improvement. (2) The teacher writes topics on the board, according to situations. (3) Each student writes what and how the class can work to provide improvements to the city, and hands it to the Teacher. (4) The teacher lists all the situations and solutions on the board again, and everyone votes for the best project to be done.

It is necessary to think of all the details and combine them. At this point, it's very useful to ask questions like: what, why, when (beginning and end), who will do what and to whom, how, how much (if any cost at all), what materials you will need, maintenance if needed.

It is important for the project (solution and situation) to be something simple and effective to be done, such as: to clean up a park, to organize a garbage collection in a neighborhood, to do a workshop at a community on some topic of interest, to give a lecture in a nursing home, to build a bench on some sidewalk, to paint the playground area in a park.

It is very important that the whole class participate in this action! Attributes practiced: Creativity, altruism, resilience

Note: For tomorrow's task you will need to bring some recycle material: empty plastic bottles, empty plastic containers, empty cans, bottle caps, yarns...

September 13th – Dolphin's Day:

Using the material you brought to class, create a musical instrument! You will need to use your creativity and sensitivity to make an instrument of any nature that produces a sound. Start to assemble, add pieces together, and make changes if you need to, until you've been able to develop your instrument. After you're done, give it a name. Each student will present to the classroom the sound they've created and then everyone can play together as a big orchestra.

Attributes practiced: Creativity, context sensitivity

Below is a fine example of an orchestra created from recyclable materials.

<https://www.youtube.com/watch?v=nuyrbrzYmJg>

September 14th – Wolf’s Day:

The teacher chooses 10 objects from the classroom and places them on a desk, while the students are outside of the room. The students return to the room and observe the objects for about 20 seconds. While the children head outside again, the teacher removes two objects from the table, leaving only 8 left. Returning to the classroom the students are asked to note the difference. Some will quickly see the difference, others will take a little longer, but this is completely normal. When everyone find out the missing objects, the teacher congratulates the students and emphasizes that there is only memory when there is attention, and that this is something that we can exercise.

For smaller children, a smaller number of objects should be used, such as five. Attributes practiced: attention, working memory, intelligence.

September 15th – Hummingbird’s Day:

The hummingbird is an animal that reminds us of happiness! Think about 5 happy moments of your life and write them down (or make a drawing).

Attributes practiced: Self-esteem

September 16th – Otter’s Day:

Today, suggest to your family (or to the people you live with) to not use salt while cooking or to use much less salt than they are used to do. For those who practice using less salt it helps to improve heart rates and blood pressure, and reduces swelling in the legs and abdomen. Decreasing the use of salt (and therefore sodium) will also cause mineral calcium to be better absorbed and thus have less chance of osteoporosis. It’s important to know that all the salt (or sodium) we need is already present naturally in the fruits, greens, and vegetables we eat, however, if we want to add a small pinch, it will not be harmful. On this day, if you agree with your family or friends, try not to use the salt shaker.

Attributes practiced: Health

September 17th – Armadillo’s Day:

Think about everything you have learned this week. If you feel like, invite your family to hear about it. And next week, it will be great if you share it with your teacher too.

September 18th – Rooster’s Day:

Stand up. Close your eyes and slowly breathe in and out for 2 minutes. Imagine that the rooster has the power to connect with the earth through its feet...Let every feeling of discomfort, fear, insecurity flow to the earth. Try to imagine how big the planet is... and that your feet connect to this giant planet through magnetism and the gravity that draws you, consistently, to the ground. Keep your feet apart, look for a position that allows you a good foundation, lift your arms and

point your fingers toward the sky... And so, in this standing position, let all thoughts flow naturally. Then open your eyes and comment with your colleagues on which image or which images most popped into your mind.

Attributes practiced: Self-esteem, attention, respect.

September 19th – Horse’s Day:

Horses are a powerful ally! Humanity owes them a great debt. They are always ready and willing to help men in their work and journey. Loyalty, working spirit, the set of strength and willingness teaches us the value of a help, and also the learning of perseverance that increases prosperity and progress. Feel like the horses and demonstrate your full potential for great personal and collective achievements, never giving up. Write or draw an activity in which you can contribute with others, using your strength and ability.

Attributes practiced: Altruism, group work, empathy.

September 20th – Dolphin’s Day:

With your eyes closed, imagining you are swimming with dolphins, take 4 deep breaths. Now imagine yourself diving with the dolphins along the seabed. Describe in a few words all that you were able to see.

Attributes practiced: creative visualization, relaxation, empathy.

September 21st – Wolf’s Day:

Close your eyes. In silence, listen to this music. Imagine a flowery field (pause). Then, imagine a forest covered with snow... Once the song is done, tell your classmates what you saw and how you felt imagining those two images.

Ennio Morricone - Monaco - Gabriel's Oboe:

<https://www.youtube.com/watch?v=jmax47I2hLU>

Attributes practiced: Creative visualization, empathy.

September 22nd – Hummingbird’s Day:

Hummingbird is a bird of joy and simplicity. Let the hummingbird's characteristics infect you and lighten your heart and mind with great thoughts, bright colors, and lights. Close your eyes and imagine all kinds of colored lights. Imagine if those lights had the power to cleanse and bring peace and optimism to life. Open your eyes... What colors did you see the most? Share with your classmates.

Attributes practiced: Creative visualization, relaxation, memory.

September 23rd – Otter’s Day:

Learn with otters to be more tolerant and to have more balance. The otters live in the water and on land, and regardless the difference, they can be happy in both ways. Learn how to live

harmoniously regardless the differences and among all the people that surround you, respecting the environment and their own particular emotions. Is there a situation inside your home that you can be more tolerant about? Write or draw about this situation and talk to your relatives about it, if you wish. Attributes practiced: Resilience, self-esteem.

September 24th – Armadillo's Day:

Think about everything you have learned this week. If you feel like, invite your family to hear about it. And next week, it will be great if you share it with your teacher too. Also: If you can, asks a family member, an adult, to access the ink below so you could listen to this relaxing music together: <https://www.youtube.com/watch?v=jmax47I2hLU> Attributes practiced: relaxation, reflection.

September 25th – Rooster's Day

Today you will be an investigator. Observe the entire classroom. Can you find, or guess, any object that was made from sand?

(Time to think about it)

Did you find it? The glass! It is made from a combination of materials. That is, the material in there has hundreds of thousands of years...it must have been in touch with the waves of the sea, many fishes, and other animals must have already walked over this sand... Legend has it that the glass has been invented by chance, by navigators who had made a bonfire on the beach and with the mixture of sand and the limestone of the shells, would have discovered the glass.

Attributes practiced: Attention, intelligence

September 26th – Horse's Day

The more you increase your knowledge, the more interesting you become! Also, you may have a better chance of dealing with different life situations. Knowing our culture is very important. And poetry is culture.

Do you know any Brazilian poets? If so, raise your hand and talk to your classmates about it. The teacher mediates the dynamics and helps to remember new writers and their poems. The students must choose one poet to do a research on and read one of his/her poems.

Attributes practiced: Intelligence

September 27th – Dolphin's Day:

The teacher will write each student's name on a piece of paper and attach the tags on the student's back, randomly (nobody can get their own name). Now, the student must walk around the room, reading the names on their classmates' backs, until they find their own name! So whoever has the classmates' name must ask that person: "How can I help you to do better in school?" The answer must always be positive, written down, and planned. People can

always help each other. The teacher can help to mediate this practice, making it even more productive!

Attributes practiced: Sensitivity to context, empathy, ethics

September 28th – Wolf’s Day:

(This practice is recommended for children 10 and older): Drugs destroys lives. You probably already know that. You probably also know that once you try it is very hard to stop using it. Therefore, the best thing is never to try it. Have you ever thought about how drugs are related to violence? Besides the fact that those who use drugs have a high chance of becoming violent, what happens to the money paid for the drug? People who use drugs can be helped. If someone in your family is a drug user, please talks to your teacher in private so he/she can address you to a qualified person to deal with it and to help you in this situation.

Attributes practiced: resilience, prevention of drug use.

(Practice recommended for children under 10 years old): Draw what is for you an perfect world!

September 29th – Hummingbird’s Day:

In silence and individually, think about this: write three qualities for each of your parents or legal guardians. (If, for any reason, you don’t feel like doing this exercise, talk to your teacher about it.). On Saturday, ask your parents or legal guardians to write on your notebook, three qualities about you. Next week, share it with your teacher. Attributes practiced: self-esteem, respect

September 30th – Otter’s Day:

Ask your parents or legal guardians to write on your notebook, three qualities about you. Next week, share it with your teacher.

Attributes practiced: family living, self-esteem, respect

October 1st – Armadillo’s Day:

Think about everything you have learned this week. If you feel like, invite your family to hear about it. And next week, it will be great if you share it with your teacher too.

October 2nd – Rooster’s day:

Our friend Rooster is very secure and determinate. It shows a strong and high selfesteem. It’s an animal that preserves its territory, taking good care of the surrounding. Learn from the rooster to take care of your own body, maintaining a good hygiene, a good health, and organize and take care of your things.

Attributes practiced: Self-esteem, attention, health, respect

October 3rd – Horse’s Day:

The horse is very strong, tolerant and acts on solidarity. What subjects in school you find ease to learn and enjoy the most? Can you easily share this knowledge with you classmates, friends and family?

Attributes practiced: Altruism, team work, empathy

October 4th – Dolphin’s Day:

Never throw trash, plastic bags, or any other material into the seas or oceans. Preserve the marine fauna and flora. Sea turtles, dolphins, whales, fish, mollusks, as well as crustaceans and all marine life require a healthy environment and clean water, without any pollution. Try to think about this with your teacher. Attributes practiced: Care for the environment, ecology

October 5th – Wolf’s Day:

Wolves walk a lot around the forest. Daily physical activities are very healthy and everyone should keep up a good hydration. Always drink high quality water. Have healthy diet and work out regularly. And just like the wolves be a very healthy person with lots of strength.

Attributes practiced: Health, healthy diet, hydration

October 6th- Hummingbird’s Day:

A purity energy, happiness, lightness, and delicate attitudes are some of the ways to describe our friend Hummingbird! When talking to somebody else, your classmates, your teachers, friends, and family, are you respectful to them? Think about this and write down three words that best describe what you admire the most on other people’s behavior. Share it with your teacher.

Attributes practiced: Empathy, memory

October 7th – Otter’s Day:

Otters are very calm, tolerable, and have the ability to handle very wisely difficult and unexpected situations. Learn from otters to have strength, keep balance, and be wise to handle and go over any obstacles with emotional intelligence. Attributes practiced: Resilience, self-esteem, tolerance

October 8th – Armadillo’s Day:

Armadillos hide in the burrows they build on the soil, where they can rest and be safe. Our houses should also be a welcoming and safe place for us to rest and feel ready and strong to work, to study, and have fun the next day. Our body needs to rest. A clean and organized environment helps to have a good night of sleep. Do you sleep well every night?

Attributes practiced: Health, balance, self-esteem.

October 9th – Rooster’s Day:

Today you will be an investigator. Observe the entire classroom. Can you find, your guess, any object that was made from a tree, or parts of a tree?

(You have one minute to think about it)

Did you find any?

Maybe you can find, wood walls, wood furniture, seed, and fruits...But also remember the paper and the eraser! And most important: remember that the air we breathe comes from the plants, including the trees.

Attributes practiced: Attention, context sensitivity, intelligence

October 10th – Horse’s Day:

Do you know who, was this man in the picture? His name was Thomas Edison. How important to the world was he? What did he invent that you can see right now? Attributes practiced: context sensitivity, reasoning

October 11th – Dolphin’s Day:

List one to three things that you like to do and you consider to do it well. If you prefer, you can draw it.

Attributes practiced: self-esteem, self-pity

October 12th – Wolf’s Day:

Today, in Brazil, we celebrate the Children’s Day! However, today’s practice is being done by children in Brazil, Portugal, Germany, and Cambodia. Therefore, for the next couple of minutes, close your eyes, and imagine happy children in those countries and all around the world, starting with you! (One minute)

Attributes practiced: empathy.

October 13th – Hummingbird’s Day:

Sit comfortably in a chair and close your eyes for a couple of minutes. Focus on your breathing and the beating of your heart...Try to relax. Pay attention to your feet, your toes, your hands, and your fingers. Feel the air you are breathing. Relax your tongue. Take three deep breaths. Slowly, open your eyes.

Attributes practiced: relaxation, mindfulness

October 14th – Otter’s Day:

Today you are invited to a challenge. Can you eat 3 to 5 portions of fruits and veggies a day? How about inviting your family to do the same? Remember, one portion is the size of the palm of your hand. This attitude is very important to your health and can it can prevent a lot of diseases.

Attributes practiced: health, family bonding.

October 15th – Armadillo's Day:

Think about everything you have learned this week. If you feel like, invite your family to hear about it. And, next week, it would be great if you share it with your teacher too.

October 16th – Rooster's Day:

Roosters pass on recognition and self-esteem. Learn to like and appreciate yourself.

Roosters crow every morning instinctively as an impulse according to their limitations and physical conditions. Be genuine and happily show the world your light and your existence.

Attributes practiced: self-esteem, respect

October 17th – Horse's Day:

Horses like freedom and they need space to exercise and be healthy. We also need to work out regularly, specially outside in the nature breathing fresh air. Is there a park or playground surrounded with trees close to your house or school? Do you usually go to these places or exercise? If you don't, how about inviting a family member to go for a walk?

Attributes practiced: taking care of your health and mother nature.

October 18th – Dolphin's Day:

Close your eyes, imagine a fool moon over the sea. The moon's bright light reflects on the waves creating and spectacular show of lights and shadows moving. Sometimes it looks like a huge silver veil, others an endless road over the sea, or is it your Galaxy's projection? Or maybe just a poet dreaming? Open your eyes...Describe in three lines what feelings you felt in your heart by picturing that scene. Or, if you prefer, draw it. Attributes practiced: memory, imagination

Music for this activity: Edvard Grieg; 'Peer Gynt' Suite No. 1, Op. 46; 'Morning' (3:41)

October 19th – Wolf's Day:

Wolfs are very clever and wise. They take care of everyone in the pack like they are one big family. Let's learn from the Wolves how to be supportive and fraternal not only with other people but with all living thinks. To be respectful and to have consideration for everyone is to be kind, be attentive, be a good listener, and have thoughtful regards for others.

Attributes practiced: empathy, to take care of the Planet

October 20th – Hummingbird's Day:

Hummingbird's are happiness' ambassadors. We can all feel their integrity and kindness. What messages are you giving to the world? Is your inner nature seen by the people around you? Write or draw which animal is representing your inner nature right now and how you are feeling.

Attributes practiced: empathy, memory.

October 21st – Otter's Day:

Otters are happy and nicely naughty. They are always focused on their goals, and don't allow to be distracted by things that do not concern them. Let's learn from Otters to focus on our own duties, our studies, and our well-being and others, without losing our virtues and pureness, neither our ability to smile and to dream...always!

Attributes practiced: resilience, self-esteem, tolerance, discernment

October 22nd – Armadillo's Day:

Armadillos appreciate the silence. They get all their work done in silence. They are quiet and concentrated. How about you? Can you live together in silence? Can you be organized and concentrated to do your assignments? In silence, let's drawn a big circle and write or draw inside it everything we wish we had in our lives (it could be people, animals, flowers...). Share it with your teacher during the week.

Attributes practiced: respect, resilience, empathy, self-esteem.

October 23rd – Rooster's Day:

Our friend Rooster is always attentive to its surroundings. It's determined to take care of the environment. Let's learn from the roosters to be more careful with all of our tasks. Let's keep our room and our belongings clean and organized?

Attributes practiced: self-esteem, carefulness, attention, respect

October 24th – Horse's Day:

The horses teach us to deal with new learning with respect and devotion. Learn new lessons and try to do them in the best way you can. Learn from our friend horse to be responsible and get your things done very carefully and attentive.

Attributes practiced: responsibility, attention

October 25th – Dolphin’s Day:

Dolphins are wise and fun. They always act with enthusiasm and happiness showing wisdom, empathy, and a positive behavior. They know, instinctively, that “we all do better when we are together” and they recognize how important it is to work as a team, so swimming together they get stuff done together. Do you know that Synchronized Swimming is an artistic sport in the Olympics? Let’s watch a video of it?

<https://www.youtube.com/watch?v=89x4MvaqDSg>

Attributes practiced: Empathy, team work

October 26th – Wolf’s Day:

Wolves are teachers by nature. Their essence and instinct bring to the surface the need to spread their knowledge to all others, as an instinctive and natural way for survival. Human beings and animals have, in the conduction of learning, a safe way of preservation of the species which they assure for the new generations. Attributes practiced: careful with the species and the Planet.

October 27th – Hummingbird’s Day:

Hummingbirds are calm and good-tempered. With kindness and happiness, they are able to fly in all directions! How about we learn from our friend hummingbird to stand up for any kind of situation in life, always with a good balance of our values?

Attributes practiced: Empathy, balance, attention

October 28th – Otter’s Day:

The otter has a very happy routine. It naturally and certainly accepts the sunlight and the waters of the rivers. It does not fear the current of time, nor the cloudy or foggy days. Just like the Otter, show confidence in yourself and in the world in which you were invited to live. Here is a suggestion of a music to listen with the family:

<https://www.youtube.com/watch?v=MJ40QQ78Wjs> (Four Seasons by Vivaldi) Attributes practiced: resilience, self-esteem, tolerance, discernment, safety.

October 29th – Armadillo’s Day:

Enjoy your Sunday to think about your week. Did you manage to be on time, fulfill your duties, to be respectful and friendly at all times? Write two situations that made you very happy.

Attributes practiced: respect, resilience, empathy, self-esteem.

October 30th – Rooster’s Day:

Roosters crow when the sun is rising and at dusk they are the first ones to gather up as the others follow them. How is your life rhythm? Is it healthy? Are you able to take a quick break after lunch? What time do you get up in the morning and what time do you go to bed?

Although this varies depending on age groups and stages of life, it is estimated that a healthy body needs about 8 hours of sleep per day, in addition to plenty of water and a healthy diet.

Attributes practiced: Health, balance, self-esteem.

October 31st – Horse's Day:

Horses are the animals used for Equine Therapy. According to researchers, horses can give us a sense of strength and power, and bring unconscious memories of cradle and protection back. It helps to provide sequential brain images and important impulses to learn or relearn how to walk. Horses can also assist in people's motor rehabilitation, which is extremely helpful to develop characteristics of affection, self-confidence, socialization and concentration.

Attributes practiced: Trust, balance, strength, teamwork.

November 1st – Dolphin's Day:

Our friends Dolphins are extremely smart and sociable. They are able to recognize themselves in the mirror just like the elephants, chimpanzees, and crows. Do you like what you see when you look at yourself in the mirror? Acceptance and self-respect are important attributes to keep a high self-esteem. This is good for us. The philosopher Socrates was inspired by the phrase "Know thyself" to develop a great and important philosophical work.

Attributes practiced: Self-esteem, acceptance.

November 2nd – Wolf's Day:

Wolves are a great example of intelligence, dignity and respect for other. Males have a lifetime female partner which is in charge of all other females in the pack. Also, she is the second-in-command, that is, she is the one in charge when the Alpha wolf is not there. Wolves use body language and a large variety of sounds. Think about the following questions: How is your communication ability lately? Are you being able to properly tell your loved ones all you want to communicate to them? Attributes practiced: Empathy, altruism, social responsibility.

November 3rd – Hummingbird's Day:

The smallest hummingbird in the world is the Bee Hummingbird (from Cuba), which is 2.3 inches long (their tail and beak together are larger than the rest of their body). In Brazil it's found one of the largest hummingbirds in the world, the Crimson Topaz, which is 9 inches long.

Each individual in the Planet has a great potential to be developed during its existence. It doesn't matter its size, color, race, ethnicity, religion, gender, etc. We are all beings in expansion and we must cultivate and develop our natural abilities and gifts. Write down to your teacher what would you like to be when you grow older.

If the teacher is interest, we suggest showing this video about hummingbirds to the students:
<https://www.youtube.com/watch?v=Sn8ho7br6cw>

November 4th – Otter's Day:

Otters take good care of their family and love their babies very much. In any part of the world families are very important to structure good societies, passing on values and education. Our school should also be seen as an extension of our family and we must learn to always appreciate all the help, knowledge, and support that we are constantly receiving here. Respect and gratefulness are precious teachings that civilize and strengthen us.

Attributes practiced: Gratitude, empathy, recognition.

November 5th – Armadillo's Day:

Armadillos help maintaining the ecological balance. Their food is basically insects like ants and termites. All animals, instinctively, contribute to the perfect balance of the entire ecosystem. Let's also do our part and help the planet by saving water, electricity, recycling disposable materials, and using the right recycling dumpsters. Attributes practiced: Caring for the environment.

November 6th – Rooster's Day:

The birds, in general, have beautiful choreographies that are part of their natural instinct for survival and perpetuation of the species. The rhythm, the movements, and the harmony present in these dances can help us to establish more lightness, beauty and harmony in our lives. Everything is moving in our Universe. The sun, the planets, the amazing galaxies full of colors, lights, and its magnitudes. Let's learn from the birds the Nature's Dances?

If the teacher is interest, we suggest showing this video to the students: Thousand Hand Bodhisattva (Guan Yin) is performed by 21 Chinese hearing impaired dancers led by a trainer.

<https://www.youtube.com/watch?v=uUI0JRoQeG4>

Attributes practiced: rhythm, self-esteem, balance, harmony.

November 7th – Horses Day:

The noble and loyal horse is a great friend of the human beings. Always faithful and devoted, they can express their feelings with a lot of truth and emotions. How about you, can you express your feelings well? Think about it for two minutes... Never forget that our emotions should always be shared with great respect, loyalty and tenderness. Attributes practiced: empathy, attention, altruism, respect.

November 8th – Dolphin's Day:

The intelligent dolphins always live in family groups, helping each other and contributing with the best of themselves for the growth of the whole group. The Giri is an eastern (Japanese) way of living that values the contribution of each member (every human being) in favor of the whole society, which is what our dolphin friends also do.

Valuing ethics and social/planet commitment are a matter of honor!

If you wish to read more about it, on our website you will find a text about Giri:

www.menteviva.org

Attributes practiced: Altruism, group work, discipline and ethics.

November 9th – Wolf's Day:

Wolves know how to lead their groups with justice and fairness. Instinctively, they have the sense of survival and care a great deal for their peers. These feelings are part of their natural senses. Let's develop these same keen senses, like the wolves, so we can be more sensitivity and empathy to our neighbors? Attributes practiced: empathy, attention.

November 10th – Hummingbird's Day:

Our friends Hummingbirds are frequent visitors to gardens and forests. They are able to distinguish the best in each flower. Let's learn from the hummingbirds to see the very best in whatever the situation is? How about starting this practice by inviting your family members for a hiking in the park?

How about you make that a healthy practice to include in you How about you make that a healthy practice to include in your routine? Attributes practiced: health, self-esteem.

November 11th – Otter's Day:

Our sassy and dedicated friends Otters are always taking care of their babies with great care and attention. Like the otters, we must take good care of our belongings, our family, friends, and duties. We must calmly manage to get everything well done with affection and attention. Attributes practiced: family, attention, empathy.

November 12th – Armadillo's Day:

Armadillos are energetic, focused and always willing whenever they need to get an active done. We should also learn from our little friend, the armadillo, to focus on our well-being and health needs. That way we are able to safely develop good characteristics as: attention, kindness, altruism and willingness! Attributes practiced: Health, empathy, attention.

November 13th – Rooster's Day:

Our friend Rooster crow every morning at the same time to greet the new day. We, too, must learn to be on time for our commitments. There is no need to rush, nor to race against time.

With discipline we are able to better organize ourselves so that we can fulfill our daily duties with precision, comfort and balance.

Attributes practiced: Attention, discipline, precision and respect.

November 14th – Horse's Day:

Horses are tough, strong and very muscular. However, they can, with discipline and attention, accomplish precise and difficult tasks. They are known to be careful and focused on their activities, and with this they are able to successfully combine strength, speed, precision, and attention. Respect and discipline are very important factors to concentrate better and learn more.

Attributes practiced: Balance, concentration, attention.

November 15th – Dolphin's Day:

Dolphins are cheerful and outgoing animals. With extraordinarily intelligence and gentleness, they are able, with a lot of team spirit, to share obligations and tasks for the common good. Always be cheerful, helpful, and respectful in all your daily activities. Take four deep breaths, slowly, and think about the following sentence: "I am intelligent, I have education, and greatness of Soul!"

Attributes practiced: Empathy, teamwork, respect.

November 16th – Wolf's Day:

Our wolf friends go for long walks daily and have excellent strength. In order to be in good health, we need to have a healthy and assorted diet with lots of fruits, grains, and vegetables, drink plenty of water whenever we need to, and also exercise regularly. Attributes practiced: Health and nutrition.

November 17th – Hummingbird's Day:

Hummingbirds build their nests in a safe place, since they are small birds and very fragile in appearance. They pay off their fragility with exceptional flight movements and speed. They always fulfill their needs with hard work, intelligence, great care, and devotion. Let's learn from the Hummingbirds to work with love and dedication. Attributes practiced: Self-esteem, balance, attention.

November 18th – Otter's Day:

Otters are soft, gentle and delicate. They live either in the water or in the ground, sharing their existence with great grace, harmony and dexterity. They deal very well the weather's variations and don't let anything disturb their life, knowing how to live fully. Let's learn from the Otters to recognize that we are not all the same as human beings and to respect the differences?

Attributes practiced: Resilience, self-esteem, tolerance, discernment.

November 19th – Armadillo’s Day:

Listen to this beautiful song, as suggested, and write inside a circle, all the nice things you wish for your community, family, classmates, and teachers. Then, do a drawing that represents all that. We suggest you watch this video along with your family:

<https://youtu.be/tt8VL4q40h8> (Joe Hisaishi & New Japan Philharmonic World Dream Orchestra - "Un homme et une femme" by Francis Lai)

Attributes practiced: Happiness, creativity, solidarity and dreams.

November 20th – Rooster’s Day:

The Capercaillie Cock performs a ritual dance with colossal spiral movements. Our Milky Way also moves like a gigantic and colossal spiral ...There is movement and rhythm throughout the entire universe. Sit comfortably, with your eyes closed, place your hands flat on your legs and breathe in peacefully. Breathe in and out 5 times, very slowly. At your own time, open your eyes. Can you calm down your thoughts and all your inner movements? This practice, done carefully and with affection, aims to bring relaxation and inner peace.

Attributes practiced: Compassion, balance, attention.

November 21st – Horse’s Day:

Horses can carry heavy loads over long distances. They never complain or insubordinate to their duties. We must learn from the horses to have more patience, balance, and to be persistent in our daily tasks. Respect yourself and respect other’s time. This is essential to family and group harmony.

Attributes practiced: Balance, tolerance, attention and patience.

November 22nd – Dolphin’s Day:

The dolphins teach us the rhythms of breathing. With dedication and sophistication, they are able to swim over the waves and to dive deeply into the ocean.

For an effective metabolism we need to breathe properly, which will correctly oxygenize our blood cells and revitalizing our entire body. Also, a correct breathing helps us to have more balance and harmony.

Attributes practiced: Health, vitality and harmony.

November 23rd, Wolf’s Day: Thursday

The Wolves have energy like a pioneer. They are self-sufficient and they act like born leaders teaching and demonstrating what is best for the pack for a safe survival. Let us always be grateful to our parents and teachers and all those who have helped in some way or another to making our world and our lives a little better! Attributes practiced: Empathy, respect and gratitude.

November 24th – Hummingbird’s Day:

The hummingbird loves the flowers and contributes to their reproduction by helping pollination. In silence and self-analysis, think about the following items: How is your individual contribution and your reaction towards the world? Have you also been generous and polite to all living beings? Have you been careful with plants and animals? Have you been well-organized with proper disposal of the trash in the proper containers?

Attributes practiced: Discipline, care for the environment.

November 25th – Otter's Day:

Our little friend, Otter, floats in the waters of the rivers without fears or worries. When we are fully aware of our capabilities and limitations, we are able to get our tasks done with care and discipline and we will no longer have to worry about the future. The Otter's gentle energy teaches us to balance our opposites with much wisdom, harmony, health and, trust.

Attributes practiced: harmony, health and balance.

November 26th – Armadillo's Day:

Our friend Armadillo has a precise perception of limits. We must also learn to stand up for ourselves in the different situations of life. Be aware that there is time for everything! Work time, study time, entertainment time and, rest time. So we must know and respect our physical and emotional limits to always be healthy and well. Attributes practiced: Respect, attention and health.

November 27th – Rooster's Day:

Can you find any imported object in your classroom?

Look for objects that say they have been made elsewhere in the world. For example, a pen, a sharpener, a book, a clothing. Normally, by the International Trade Law, it must say "made in..." followed by the name of the country. If you did find an object, share the information with your classmates and teacher. Check out where this country is located, what its characteristics are and, if we produce something similar in our country. Our world is pretty connected. What you do in one side of the planet has to do with the other side. There is no way to disconnect the human beings' actions. Everything we do impacts other people. If you did not find any imported object, no problem. Rest assured that this impact is still happening.

Attributes practiced: World view, context sensitivity.

November 28th – Horse's Day:

Do you know what wind power is? If so, share this knowledge with your classmates. If not, your teacher can explain to you what it is, how it works, and how important this form of electric power is to our planet.

Now, find out which wind farm is closest to your city.

Attributes practiced: Commitment to Planet Earth, sustainability.

November 29th – Dolphin’s Day:

Which are the most present animals in the world (with the highest population)? Why?

Which mammal has the highest population? Why?

Attributes practiced: Sustainability, environment, context sensitivity.

November 30th – Wolf’s Day:

Think about this: Why don’t cars fly?

Currently, do we have enough technology in the planet to make cars fly or to make small planes to work like cars? What is missing to make this happen? What are the best fuel types? What do you think would be the pros and cons if that happened? Attributes practiced: Sustainability, environment, context sensitivity.

December 1st – Hummingbird’s Day:

Do you have a best friend or best friends? What their characteristics do you admire most? What do you have in common? Can you count on them when you need it? Write or draw about it.

Attributes practiced: Empathy, context sensitivity

December 2nd – Otter’s Day:

We live in community and having good friends is important to our lives. Do you know who are your parent’s or guardian’s best friends? Do your parents/guardians know who your best friends are? How about talking to them about this today? Also, talk about the characteristics of each one of them.

Attributes practiced: Empathy, family relationship.

December 3rd – Armadillo’s Day:

Think and write about all you have learned this week.

Attributes practiced: Environment’s care.

December 4th – Rooster’s Day:

Breathe in and out, slowly, four times. Image who you walk...how people react to your movements and, what kind of reaction causes them.

Think about what energy do you send to the world...

Attributes practiced: context sensibility, recognition of emotions.

December 5th – Horse’s Day: The noble horses brought progress and much prosperity to all mankind. They are always willing to help, they are able to perform heavy and hard work, and with strength and altruism, they collaborate for great human beings’ achievements. Just like the noble horse, be ready and willing to help your group and/or your community!

Attributes practiced: Altruism, empathy

December 6th – Dolphin’s Day:

Let the students think about this question:

What would you do if you were walking down the street in front of a hospital and found a suitcase full of money?

Perhaps some would think of using this money for themselves, others would think of taking it to the hospital. However, you have to think about returning it to its owner and if the owner is not found you should take it to the police department to file a lost report.

Attributes practiced: Ethics

December 7th – Wolf’s Day:

It’s the wolf’s day but he introduces his friend Badger. Badgers have a reputation for being grumpy and strong minded. Commitment is the right word to help us accomplish our tasks with excellence and precaution. How is your commitment toward your studies? What about toward your family and the planet? We need to be aware of our contribution in our community and the importance of this journey in favor of the global well-being.

Attributes practiced: Well-being, social and environmental commitment.

December 8th – Hummingbird’s Day:

The hummingbird is the only bird that stops in the air and can fly in all directions, even backwards. Its speed flapping the wings is also impressive. We all have a gift that we were born with. Can you figure out what gifts you have? What qualities do you develop well and which one do you like the most?

Attributes practiced: Self-esteem

December 9th – Otter’s Day:

Breathe in and out, slowly, five times.

Otters are full of fun by nature. Attentive and easygoing, they believe in the wide and good coexistence with everyone around. Let yourself be carried away by the rivers of time, without fear and without apprehension. To playing and to be happy is also part of learning. Write down two situations that make you very happy.

Attributes practiced: Self-esteem

December 10th – Armadillo's Day:

Think and write or make a drawing about all you have learned this week.

December 11th – Rooster's Day:

Close your eyes and picture the day dawning...the sun rising, a rooster crowing, the birds starting to fly...How do you intend to start your day? Is it going to be with lights, sounds and harmonic movements? Breathe in and out being thankful for your life and for the ones around you. Open your eyes and keep in mind your goals for today. Attributes practiced: recognition of emotions.

December 12th – Horse's Day:

Close your eyes and take a deep breath. Imagine yourself riding a mighty steed. Imagine his front paws as if they were your legs. Align your heart with his and head out vigorously and strengthened. Just like a great centaur, be strong and determined towards your goals. Be elegant and beautifully gallop through life's paths. Now, open your eyes and notice your inner strength.

Attributes practiced: Self-esteem

December 13th – Dolphin's Day:

Sit down comfortably and close your eyes.

"Spinner dolphins jump out of the water, doing great acrobatic displays. Breathe in and out and smell all the nature's scents you can remember of. Feel a fresh sea breeze... It can also be a breeze from the fields, the mountains, the orange blossoms, the lavenders, the pine trees, the roses or jasmines, the woods...Choose one of these gentle aromas and think about which images will come to your mind as pleasant memories".

Slowly, you can open your eyes.

Attributes practiced: Creativity, relaxation

December 14th – Wolf's Day:

Take a sheet of paper and a pencil (or a pen). In silence, observe all your classmates. Write down their names and a compliment for each of them. Think about what's really good about each one of them, what they convey that makes others feel good. Even if you feel a discomfort about someone, at this point, know how to recognize a positive trait for everyone. Each person has a strong positive characteristic that is different from the others. That's the beauty in a group of people. To make this practice easier, remember to describe each classmate using only one word.

Afterwards the teacher will decide what is the best way to present the work that was done. It could be reading one by one or gathering all the compliments for each one, writing them down in a separated sheet of paper, and handing it out to each student.

It's important that everyone receives the messages the other classmates have for them.

Attributes practiced: respect, empathy, self-esteem

December 15th – Hummingbird's Day:

Elegance and delicacy. This small bird through its journey spreads beauty, balance, and harmony in total bond with nature. Remember, the best perfumes come in a small bottle! Let's learn from our tiny friend to move around with grace and trust in life. Attributes practiced: Self-esteem.

December 16th – Otter's Day:

Invite a family member, your guardian or a friend to memorize and learn something that's very different or unusual. Examples: learn the name of animals, types of dinosaurs, the flags from other countries, football team's jerseys, or how to say "thank you" in different languages. Choose a unique subject to do this fun game together! Attributes practiced: Family relationship, attention, memory

December 17th – Armadillo's Day

Think and write or make a drawing about all you have learned this week.

December 18th – Rooster's Day:

Dear Teacher!

Today is Rooster's Day. From this animal, we've learned to wake up to what is right in front of us, and sometimes we do not see. Today's practice is pretty cool. It seems like I'm going to ask a silly question here, but it's actually pretty cool! The question is: What does your life have to do with the moon? Think about it for a while...invite your students to this thinking. It can be done quietly, by themselves, and then the cool thing is to listen to what each one thought. Everyone is invited to this survey! The tip is to write on the board or on a piece of paper, everything answer that comes up! It would be even better if you have an opportunity to go outside and take a look at the moon! Often we can see the moon during daylight.

Starting off, most people think the moon has nothing to do with us. But sooner or later we realize that if it wasn't for the moon, none of us would be here, nor anything else on this Planet! Due to the moon we can live with the Law of Gravity. The moon keeps the water the way it is (in the shape of rivers and oceans). So, every time you look at the moon you should be thankful for your life!

Attributes practiced: Worldview, sensitivity to context, intelligence, respect

December 19th – Horse's Day:

Today is the day that your friend Horse - who is very resilient, introduces us to another resilient friend, the Ostrich.

But first of all, do you know what resilient means? Resilient is someone able to recover quickly from difficult conditions! Someone who becomes stronger after going through it!

Alright, now that you have learned this, let's talk about Ostriches. They are strong, confident and objective. Although it is a bird and cannot fly, Ostriches have high self-esteem and confidence in their potentialities. They are able to digest food very well. As well as our friend ostrich we will learn how to "digest" (in quotation marks) and figure out all uncomfortable situations with great control and integrity, overcoming with attitudes that allow us to strengthen our physical and emotional health.

You are now invited to think of something that has been bothering you and take notes on how to make it better.

Attributes practiced: emotional intelligence, balance, self-esteem

December 20th – Dolphin's Day:

Today is Dolphin's Day, a very curious animal, therefore very intelligent!

Did you know that by observing nature with curiosity and interest, we can learn many things and develop our intelligence? This is how Isaac Newton did it. Do you know who he was? Do a little research on him and if possible, go outside, observe the nature and understand how his most famous law interfered in our lives! Attributes practiced: curiosity, world view, respect for nature

December 21st – Wolf's Day:

Today is Wolf's day, so please, for a while reflect on how they act.

When a pack of wolves relocates, the oldest and sick ones go first followed by strong wolves, females and baby wolves. In the end is the male leader wolf. This way the weaker animals set the pace of the walk, without being left behind. Let's learn from the wolves to be considerate and tolerant of those in states of weakness (physical, mental and emotional). The most fragile ones need our physical, moral, ethical, and spiritual strength to go on their walks too!

In short, we also live in a group and we will only be happy once we learn how to live in a group. For a few seconds, close your eyes and visualize yourself with a group of people, where one supports the other and with that, everyone is happier. You can open your eyes and have a great day!

Attributes practiced: respect, altruism

December 22nd – Hummingbird's Day:

Imagine yourself flying like a hummingbird. Hummingbirds frequently visit different flower to drink their nectar. If you were a hummingbird who would you like to visit? And what message would you bring to them?

Attributes practiced: empathy

December 23rd – Otter’s Day:

Today is Otter’s day and we normally propose a practice that makes you think about health and wellness. Today we recommend you pick up some edible green leaves (with an adult supervision) and make a green juice!

As much as you might have thought that green juice must taste bad, be a researcher and try it! If you have already tried it and you liked it, you can make it only with water and green leafs like collar green, arugula, cress. Or you can add fresh juices like pineapple and orange, or coconut water. The important thing is to put some green leaf in your juice! This is going to be a great improvement for your health! If you cannot get it from a vegetable garden, no problem, it may be from the grocery store. Either way, make this juice happen! And bon appetite!

Congratulation to us! We are learning to overcome ourselves!

Attributes practiced: context sensitivity, health

December 24th – Armadillo’s Day:

Today is a very special day for a large number of the world's population, the Christians, because today is Christmas’s Eve.

So, today we propose you do a prayer or a meditation (if you are not religious), during one minute, for the Planet. Close your eyes, take a deep breath and feel your heart beat. Feel that billions of hearts, just like yours, are also beating at this very moment! Take a deep breath. While you are doing this, it’s very important to feel love! Open your eyes and have a good day!

Attributes practiced: altruism.

December 25th – Rooster’s Day:

Today is a special day for at least one third of the world's population because of the celebration of Christmas and the birth of Jesus Christ.

Today we invite you to do a good deed. Even if you are not religious, choose something that can be done TODAY to help someone else. It can be something simple, that does not cost anything but it’s important that you do it. "Done is better than perfect". It’s also important to notice how doing a good deed is going to make you feel. Attributes practiced: Altruism

December 26th – Horse’s Day:

Today we suggest you go CAMPING in a park or even in your back yard. See if you and a group of friends are able to put a tent together and once it’s done, make some health snacks, enjoy the nature, start a campfire (under adult supervision), sing, tell stories to each other, and listen. Anyway, camping is always a different and special moment! Attributes practiced: Self-esteem, relationship, teamwork

December 27th – Dolphin’s Day:

It’s extraordinary to think about Dolphin’s intelligence and docility. They are, like us, mammals and have a great sense of family. They have amazing memories and recognize friends with

great happiness when meeting again, even after many years have passed. Close your eyes... Let the dolphin that exists in each one of us flow and pulsate within your heart and jump into the ocean of pleasure that is gratitude, trust and friendship.

Take a deep breath and feel the GRATITUDE, TRUST, and FRIENDSHIP...

Attributes practiced: Relaxation

December 28th – Wolf's Day:

The end of the year is near and there is no better time to let go of what you don't need anymore. Look around, go through your stuff, and donate everything you don't need.

Whatever you decide to give away, it could even be a pencil, do it with all your heart!

Attributes practiced: Respect, altruism

December 29th – Hummingbird's Day:

Imagine yourself sitting somewhere in a big city and watching the traffic of cars and people going back and forth. Now, take a ride on the back of a hummingbird and fly up high... Looking down you will see that all of the big city mess is now far, far away. All you see is a colorful and silent spot. As we mentally and spiritually elevate ourselves, we do not allow getting distracted by the noises around us. We realize that our inner peace is an achievement that must always be preserved.

Attributes practiced: Relaxation

December 30th – Otter's Day:

Today, invite a family member or a friend to play in the water with you. If it's raining, perhaps you can leave the umbrella at home and play in the rain for a while. Or maybe play with water balloons, a big bowl... whatever it is, let's get wet! (Important: to avoid getting a cold and to protect your health, it is necessary to take a shower immediately after being wet, dry your body and hair completely, and put clothes on as soon as possible, especially if you live in a cold region).

Attributes practiced: Family relationship

December 31st – Armadillo's Day:

Armadillos live in burrows that they dig in the ground, seeking for warmth and protection from Mother Earth. At this end of the year, also look for your place of power. A place where you can be calm, feeling safe and protected. This place could even be created or imagined. Find out your shelter and always return from it feeling safe and confident. Think about how was the year and also what you want for the next year that is about to begin. Know that life can be very good and that we can make it even better.