

breathe deeply! hug your kids/pets read aloud learn something weird limit screen time
find Orion's belt in the sky tonight! call a friend eat well sit in the sun be kind to yourself

SPRING BREAK PLAN!

• get at it! •

A to-do list with boxes you can check off can help keep you motivated to reach your goals! I want you to prioritize your health and wellness during break, but also, try to make time for catching up and/or getting ahead in class!

Limit yourself to just a few goals each day. You deserve this break!

Example for a day well spent:

- Re-read Ch. 7 for BIO141
- Walk dog at Darden Towe
- Organize notes for MTH161

Monday 3/6

Tuesday 3/7

Wednesday 3/8

Thursday 3/9

Friday 3/10

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