



# *MMS Mental Wealth Week*

May 10-14, 2021

*Monday, May 10th:*      **Mindfulness Video**

*Tuesday, May 11th:*      **Velocity Video**

*Wednesday, May 12th:*      **"Be Well" Pledge  
Cards**

*Thursday, May 13th:*      **Mindfulness Exercises**

*Friday, May 14th:*      **2 PM Community  
Wide Brain Break**

**Please check out Mrs. Wright's website  
under the SEL page for more information.**