



WHEEL OF STRENGTH WEDNESDAY!!!

December 2020

STRENGTH WE HONOR THIS MONTH:

- Generosity and Acts of Kindness

ACTIVITIES TO TRY OUT:

- Write a 'thank you' note, text message, or letter to a loved one
- Compliment a classmate, a friend, or a teacher
- Help clean up around your home without being asked



FINALS PLAYLIST:



- The Weeknd; Blinding Lights
- Mariah Carey; All I Want for Christmas Is You
- Harry Styles; Watermelon Sugar
- Khalid & Kane Brown; Saturday Nights

FUTURE QUESTION: What accomplishments are you looking forward to and what will you be doing 5 years from now?



“Quote of the Month”

No act of kindness, no matter how small, is ever wasted.

-Aesop

COMMUNITY RESOURCES: Your mental health matters, we are here if you need help

**SOURCES
OF STRENGTH**

**COMMUNITY
REACH
CENTER**

**COLORADO
CRISIS SERVICES**

**844-493-TALK (8255)
OR TEXT TALK TO 38255**

safe² tell Colorado

Make a Report. Make a Difference.



1-877-542-7233

