Denville Township Schools Health and Wellness Day

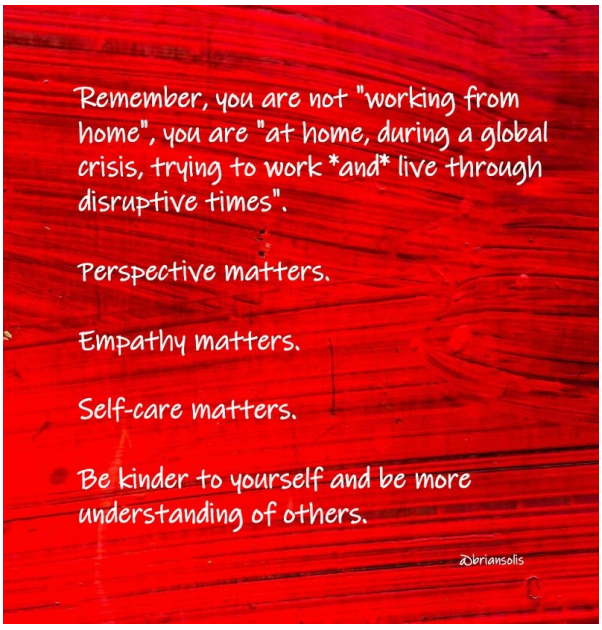
for

Staff & Families

Thursday
May 27, 2021

There will be <u>No PM Virtual Session.</u>

Please use the time to engage in activities to promote health and wellness!



Suggested Activities:

- **Rest**
- **Exercise**
- **Take a nature walk**
- **Read a book**
- **Dance to your favorite music**
- **Random acts of kindness**
- **Do something you enjoy**
- **Connect with friends, family, community groups through phone, mail, social media**

Optional Offerings at www.denville.org

Sponsored by Denville Schools Administration & School Psychologists