

# WWMS PARENTS GUIDE TO

# #THURSDAY THOUGHTS

JANUARY 7TH, 2021



## REBOOT YOUR BRAIN

There's no doubt that 2020 was difficult for everyone and tragic for many. But now vaccines against COVID-19 are finally being administered – giving a much needed hope of a return to normality and a happy 2021.



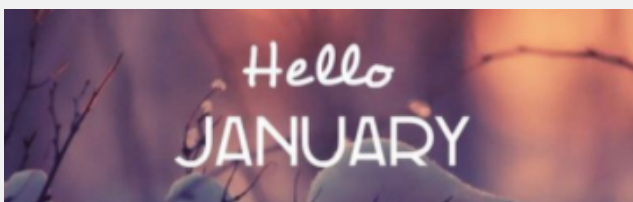
## Mindful Morning Challenge



Join the "[Insight Timer](#)" Mindful Morning Challenge. The aim of this challenge is to meditate every morning throughout January for 10 minutes, sending you out into the world (or into your home office!) feeling calmer and focused. Each day is led by a different teacher. Group Meditation sessions are hosted three times daily.



## A Happier Journey



A New Year, a New You! Check out [this calendar](#) to find small things you can do each day in the month of January to make life a little happier!



## STRATEGIES TO BALANCE STRESS WITH FUN & GRATITUDE

Dealing with life in a Pandemic

It's okay for your kids to see that you are having a hard time. It also lets them know they're not alone. Check out the [strategies](#) shared from WWMS staff to balance stress with fun & gratitude.