


RAK CLUB

The school year may be over but you CAN and SHOULD keep learning and doing things that challenge and grow your brain, body and heart! When you continue to learn you are called a LIFELONG LEARNER !! This summer I challenge you to be a lifelong learner and to bring mindfulness into your everyday life!

Bring Mindfulness With YOU [This Summer]

 Create a **3-Minute Morning Routine** ! Click [HERE](#) to watch Ms Knight explain in video !

 → Click [HERE](#) for the **Step-By-Step Instructions**.

 Click [HERE](#) for more **Mindfulness On The G-O** ! Games and Activities you can do this summer !

One last note, I am so proud of you all ! One year of learning in the books and with an unexpected twist - you, your teachers, your parents, your family, your friends, EVERYONE has had to make big changes in their lives, you should all be proud of yourselves !!

I very much look forward to seeing you next year !! Enjoy the beautiful summer and **never forget how special, smart and loved you are!**

- Mrs Knight