

Divine Wisdom Catholic Academy



February: Self-Love, Health & Wellness Month

Ms. DiMarcello

FEBRUARY FITNESS CHALLENGE SELF-LOVE



February is dedicated to **self-love, health, and wellness**. Self-love means taking care of our **bodies, minds, and hearts**. It's about listening to how we feel, making healthy choices, moving our bodies, resting when we need to, and being kind to ourselves and others.

On **Wednesday, February 4th**, our students will participate in their **final Jump Rope Challenge!** They are encouraged to **wear red** and bring in **\$1.00** to support the **American Heart Association**. In their homerooms, students will enjoy **5–10-minute movement activities** and other fun movement challenges, all shared with their teachers to keep everyone active and engaged.

Throughout this month, we invite **students, families, and staff** to take time to:

- Move your body in ways that feel good
- Eat nourishing foods
- Practice calm and mindfulness
- Express gratitude and emotions
- Rest, recharge, and connect

Below is our **February Self-Love Calendar** with simple weekly activities you can enjoy together at home or at school. Choose what works best for you—there is no “right” way to practice self-love!

Students will receive a self-love card to track the activities they complete and can return their completed card to school on 2/27/25 to earn their SELF LOVE PIN.

You can find a list of self-love suggestions on the following page.

Week of 2/3 – Caring for Our Bodies

Focus: Movement • Nourishment • Rest

1. Move for Joy

- Students: Stretch, dance, walk, or play outside for 10 minutes
- Families/Adults: Take a family walk or try gentle yoga together

2. Healthy Snack Moment

- Create or enjoy a colorful snack (fruit, yogurt, veggies, nuts)
- Talk about how food helps our bodies grow and stay strong

3. Rest and Reset

- Go to bed a little earlier one night this week
- Turn off screens and read, color, or listen to calming music

Week of 2/9 – Caring for Our Mind/Feelings

Focus: Mindfulness • Emotions • Gratitude

1. Mindful Minute

- Take 1–3 minutes to breathe slowly and quietly
- Notice how your body feels before and after

2. Feelings Check-In

- Students: Draw or write how you’re feeling today
- Families: Share one feeling at dinner or bedtime

3. Gratitude Share

- Say or write one thing you are thankful for each day
- Thank yourself for something you did well

Week of 2/23 – Caring for Our Hearts and Connections

Focus: Kindness • Connection • Self-Confidence

1. Kindness Challenge

- Do one kind act each day (help a friend, smile, write a note)
- Talk about how kindness makes us feel inside

2. Positive Self-Talk

- Practice saying: “*I am trying my best.*”
- Families can model positive words out loud

3. Connection Time

- Spend 10–15 minutes together with no screens
- Play a game, talk, read, or simply relax together

Remember: Self-love looks different for everyone. Even **small moments** of movement, calm, kindness, and connection can make a big difference. Thank you for joining us in making February a month of **health, wellness, and love—starting with ourselves.**