

# CISPG LEARNING

Catholic Independent Schools Diocese of Prince George

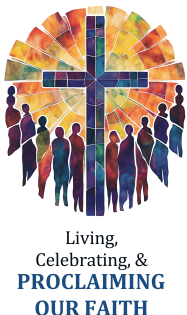
*"ALL learners thriving in inspired, innovative Catholic Learning Communities"*



Hello everyone! It is quite fitting that the first issue of the CISPG Learning Update coincides somewhat with World Teachers' Day. Together with the Canadian Teachers' Federation, we celebrate all educators that play a crucial role in the lives of children, parents and caregivers, and community. Thank you for all you do!

And welcome back to another school year! Already, the pace of activities and events has quickened. In the month of September, you created welcoming, inclusive spaces for your children and families, celebrated a brilliant Co-Missioning Day across the Diocese with Melodie, our amazing Christian Education Consultant, and paused briefly to reflect, honour and contemplate ways to weave the spirit of Truth and Reconciliation into our work as Catholic Educators.

I wish you all the very best as we continue our learning in 2025-2026 ☺



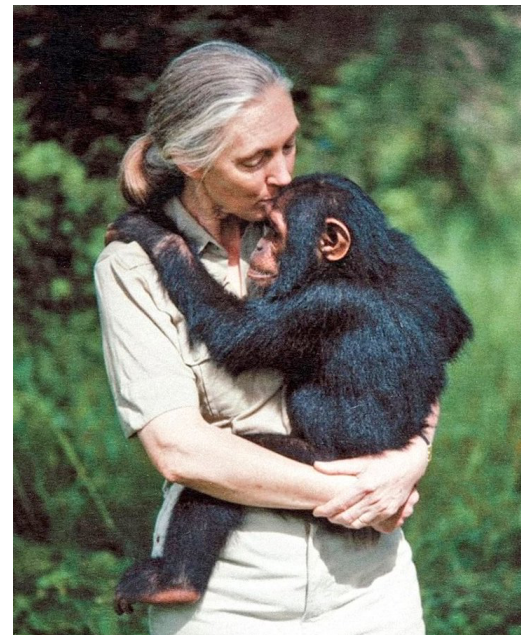
*Frances Roch, Principal of Learning Services*

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I respectfully acknowledge the unceded ancestral lands of the Indigenous nations in which I live, work, and learn. The Lheidli T'enneh Nation in Prince George. The Ts'msyen Nation in Prince Rupert and Terrace. The Haisla Xa'islaKala Nation in Kitimat. The Witsuwit'en in Smithers. The Treaty 8 First Nations of Alberta in Dawson Creek.



"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make." Rest in Peace, Jane Goodall



# RESOURCES

All resources mentioned in this newsletter have been collected from school districts and educators across the province. Please be advised that the links embedded within this document are meant to provide examples of "strong practice" across BC. They are not meant to overwhelm, but rather to support CISPg educators with a repository of rich resources. I am grateful to school districts and educators across BC who so generously share their learning with us.

## CHRISTIAN EDUCATION

**Melodie Van Der Meer**, our amazing **Christian Education Consultant**, can be reached at the following email: [mvandermeer@cisp.g.ca](mailto:mvandermeer@cisp.g.ca).

As you begin planning for this year, you can find all of the **Catholic Social Teaching/Core Competency Reflections** in one place here! Updates include **Indigenous and Faith-Based Book lists**:

<https://padlet.com/melodievandermeer/breakout-room/ZNL0qanPLZpQvP1d-DI7yzEoZPrQvnAmK>. As well, here is the link to the slidedeck from the **Co-Missioning Day** on Monday:

[https://www.canva.com/design/DAGQk8kVb7A/94VukrJrb0jNc5qGqmKjig/edit?utm\\_content=DAGQk8kVb7A&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=sharebutton](https://www.canva.com/design/DAGQk8kVb7A/94VukrJrb0jNc5qGqmKjig/edit?utm_content=DAGQk8kVb7A&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

## LITERACY



### Apple Picking

**Start with "Picking" and go to "Apples"**

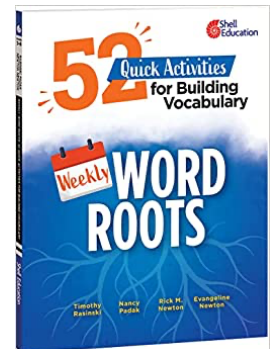
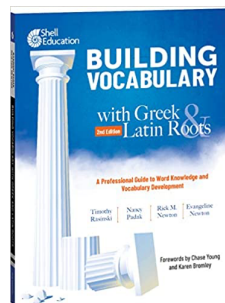
Teachers/Parents: Give students clues for each new word; or simply tell them the new word and talk about it after the student makes it.

#### Answer Key:

- Start**
- Picking** → **CLUE:** A ruler of a country. The US has a president and England has a \_\_\_\_\_. Take away 3 letters.
- King** → **CLUE:** A piece of jewelry worn around the finger. Change 1 letter.
- Ring** → **CLUE:** A short high pitched ringing sound. Change the first letter.
- Ping** → **CLUE:** A measure of volume – 16 ounces. Change 1 letter.
- Pint** → **CLUE:** A hole in the ground. Take away 1 letter.
- Pit** → **CLUE:** A nickname for Patricia or Patrick. Change 1 letter.
- Pat** → **CLUE:** What you do with food. Change 1 letter.
- Eat** → **CLUE:** A type of hot or cold drink brewed with certain leaves. Rearrange letters.
- Tea** → **CLUE:** To playfully make fun of someone. Add 2 letters to the end.
- Tease** → **CLUE:** A word you should use when requesting something. Replace first letter with 2.
- Please** → **CLUE:** Change an "e" to a "p" then rearrange to make something we pick in autumn.
- Apples**
- Great Job!** Picking apples is fun to do in the autumn.
- More Word Ladders at: <https://bit.ly/wordladder>

<https://www.timrasinski.com/blog.html>

- From **Tim Rasinski** @TimRasinski1 - **WORD LADDER WEDNESDAY!** This week's Word Ladder (attached) celebrates another fun autumn activity! Enjoy! Daily Word Ladders are an effective, engaging, and inexpensive supplement to any classroom phonics, spelling, or vocabulary program. **CISPg schools are encouraged to purchase the complete sets of Tim Rasinski's Word Ladder books** (as per Delta SD#37) to support vocabulary instruction ☺



Also shared by Tim Rasinski:

**MORPHOLOGY MONDAY!** Morphology/Word Root instruction is a science-based approach to build vocabulary and improve comprehension. Hope you find these helpful!

- From edWeb.net @edwebnet - **Using Decodables with Older Readers: Strategies to Build Confidence and Fluency:** <https://home.edweb.net/webinar/reader>
- Shared by the **Book Creator Team** @BookCreatorApp - Our new **PD Guide 2025** is remixable + ready to go – perfect for facilitators and tech leads. Find it in our Schools & Districts Toolkit: <https://f.mtr.cool/hmykkxswvb>



- From **Jennifer Serravallo** @Jserravallo - Planning **meaningful vocabulary instruction** doesn't have to take hours. These online tools—featured in Teaching Reading Across the Day—can help you quickly find definitions, word histories, morphology connections, word webs, and more.

# Vocabulary Lessons



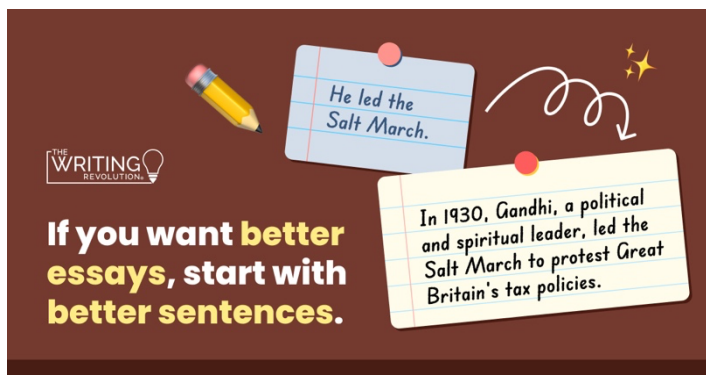
## Online Tools for Vocabulary Lesson Planning

There are many free online tools to speed up your planning:

- ✓ **Etymonline.com:** Look up any affix or word for a definition and history of the word. For longer words, you can view the history and meaning of each word part (for example, look up *unsuspecting* and get information about *un-*, *sus*, *pect*, and *-ing*).
- ✓ **Vocabulary.com:** More than a dictionary, this site offers a variety of different contexts for a word—some made up for the site and others pulled from literature. They also offer a list of morphologically related words in a word family graphic, synonyms, and parts of speech. Basically, the site provides everything you need for the Apply and Extend portions of the vocabulary lesson!
- ✓ **Visualthesaurus.com:** Enter a word on this site and it creates a word web, sorting the words and their definitions into parts of speech.
- ✓ **Neilramsdn.co.uk:** Enter your own word sums (i.e., *un+sus+pect+ing*, *sus+pect*, *sus+pect+ed*) and this site will generate a word matrix for you.
- ✓ **Textproject.org:** Developed by researcher Elfrieda Heibert, this site is a treasure trove of resources for teachers and includes complete texts, extensive word lists, and many word maps.



- **Shared by The Writing Revolution** @The WritingRevo - "Too often we jump straight to essay writing and wonder why students struggle, especially in the secondary grades. The truth is that essays are only as strong as the sentences that make them up. When we invest time in teaching students, regardless of their grade level, how to construct, expand, and refine sentences, we give them the foundation to express complex ideas with clarity and confidence."

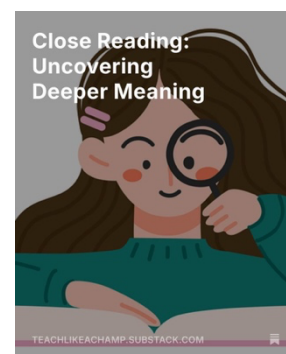


- From Corwin @CorwinPress - Have you ever used the **stop-and-jot technique**? In the recent **Edutopia** article, Corwin author, Paul Emerich France, describes how to implement this method when mentoring your students in cognitive writing. Read more here: <https://ow.ly/bagS50WbSHp>
- From **Keys to Literacy @KeystoLiteracy** - Check out the latest blog post from Joan Sedita on **deconstructing and combining sentences to support comprehension and writing**. Learn how understanding sentence structure can help improve reading and writing skills for students who struggle in these areas: <https://keystoliteracy.com/blog/deconstructing-and-combining-sentences-to-support-comprehension-and-writing/>
- Also, from **Keys to Literacy** - Check out the helpful explanation and infographic on **Structured Literacy** from the National Center on Improving Literacy. [https://improvingliteracy.org/resource/features-of-structured-literacy-instruction?fbclid=IwY2xjawKtkw5leHRuA2FlbQIxMABicmlkETFoRjNGSVc0WVkyZGJkbWd6AR4bzN0A0gFfpF0ydZ8swtCn4DW8QMYjoK-xFpB5kOVWSmk\\_RkkqSn0P0QOZBA\\_aem\\_v3do19SccmYHc5U7NP-GaQ](https://improvingliteracy.org/resource/features-of-structured-literacy-instruction?fbclid=IwY2xjawKtkw5leHRuA2FlbQIxMABicmlkETFoRjNGSVc0WVkyZGJkbWd6AR4bzN0A0gFfpF0ydZ8swtCn4DW8QMYjoK-xFpB5kOVWSmk_RkkqSn0P0QOZBA_aem_v3do19SccmYHc5U7NP-GaQ)



- From **IDA Ontario @IDA\_Ontario** - Kate introduces the season with an all-star lineup of 9 expert guests, each sharing one powerful tip to set you up for your best school year yet. From data meetings to integrated instruction, parent communication to avoiding burnout, this podcast is packed with practical advice you can use right away. Join us as we celebrate with insights from some of the most thoughtful voices in the field: [https://reading-roadtrip.castos.com/episodes/s4-e10-expert-tips-for-](https://reading-roadtrip.castos.com/episodes/s4-e10-expert-tips-for-your-best-school-year-yet)

[your-best-school-year-yet](https://reading-roadtrip.castos.com/episodes/s4-e10-expert-tips-for-your-best-school-year-yet)



- Shared by **Teach Like a Champion @TeachLikeAChamp** - Teaching students to **master challenging texts** is critical. Our latest Substack post explores how strategic close reading builds the habits and "cognitive patience" needed to persist and succeed: [https://substack.com/inbox/post/169832360?r=5rl1vf&utm\\_campaign=post&utm\\_medium=web&showWelcomeOnShare=true&triedRedirect=true](https://substack.com/inbox/post/169832360?r=5rl1vf&utm_campaign=post&utm_medium=web&showWelcomeOnShare=true&triedRedirect=true)
- Shared by **ONlit.org @ONlit\_social** - **Fluency resource for Grade 7** - This collection of passages supports fluency while highlighting diverse, underrepresented voices and encouraging critical thinking—rooted in Canadian contexts. Learn more <https://onlit.org/resource/fluency-in-perspective-grade-7/>
- Also shared by **ONlit.org @ONlit\_social** - **Fluency resource for Grade 8** - <https://onlit.org/resource/fluency-in-perspective/>
- Check out **ReadWorks**: <https://www.readworks.org/> **ReadWorks** is "built on the science of reading to ensure students can steadily expand their background knowledge, vocabularies, and reading comprehension". Although it has an American focus, it offers many suitable reading passages for students from K-12. ReadWorks provides content-rich decodables **aligned with UFLI lessons**, offering decoding practice and building knowledge, with Article-A-Day content
- Shared by **Zach Groshell @MrZachG** - Two free recordings right here, for you to peruse: <https://www.popey.ca/webinars/zach-groshell-series>
  - Session One: Improving Cognitive Load
  - Session Two: Explicit Instruction is not Lecturing:



## NUMERACY

- Check out **Steve Wyborney's blog**! Creator of splat!, Esti-Mysteries and Estimation Clipboards, Steve designs free resources and posts them on his blog: <https://steveWyborney.com/> This is a must-see resource! Make sure to subscribe ☺
- **Box Cars and One-Eyed Jacks** - Check out this site for resources and professional development - particularly math manipulatives. Their award-winning math and literacy resources help students in primary, upper elementary and middle years. Go to **boxcarsandoneeyedjacks.com** and subscribe to their newsletter.
- **Number Talks** <https://ntimages.weebly.com/photos.html> via **Graham Fletcher** - One of my favorite sites to visit at the beginning of the school year is **Number Talk Images**. It is a site curated by Pierre Tranchemontange that offers a beautifully organized gallery of thought-provoking images for launching Number Talks. It is visually engaging and prompts rich reasoning. Students notice, wonder, and share multiple ways to see the same image, which builds important number sense from day one.
- As well, visit **gfletchy's website**: [gfletchy.com](http://gfletchy.com) for math ideas and resources and subscribe to his newsletter.

## EXPLORATIONS

- **Historica Canada** @HistoricaCanada is an excellent site to support you with engaging classroom resources. Whether you're teaching history, social studies, civics, language arts, or beyond, they offer tools that bring Canadian stories to life.

Use [Heritage Minutes](#) to introduce key people, events, and moments in Canadian history in just 60 seconds. Looking for a veteran or currently serving Canadian Armed Forces member to share their stories of service? [Book a speaker](#) with the Memory Project. Hoping to spark critical thinking?

Explore [quizzes](#) and [Education guides](#) from the Citizenship Challenge and [articles](#) and [timelines](#) from *The Canadian Encyclopedia* to enrich your students' understanding.

This year, they're excited to introduce new resources designed to enrich your lessons and provide fresh perspectives on Canadian history. For more information, visit the website at [historicacanada.ca](http://historicacanada.ca) and subscribe to their newsletter.



- From **Historica Canada** @HistoricaCanada - October is **Women's History Month**! We have lots of quizzes on women in Canadian history for you to explore! Take the Women in Canadian History quiz to get you started: <https://www.thecanadianencyclopedia.ca/en/quiz/cc-quiz-women-in-canadian-history>
- From **TED-Ed** @TED\_ED - 10 videos to help students understand the **science of climate change and its impact**:

<https://ed.ted.com/blog/2021/02/01/10-videos-to-watch-to-discuss-climate-change-with-students>

- **Exploring By the Seat Of your Pants** - Check out this amazing website and bring the world to your classroom. Since 2015 they've hosted 4,500+ live lessons, connecting over a million and a half students to scientists, explorers, and conservationists from 113 countries. Their live lessons and interactive resources will always be free to classrooms everywhere. Check out the website at: <https://exploringbytheseat.com/> and sign up for the October live lessons ☺

## PHE/SEL

- **Assessment in Physical and Health Education Teacher Resource Book** by Josh Ogilvie via Chilliwack SD #33: <https://learningservices.sd33.bc.ca/sites/learningservices.sd33.bc.ca/files/2022-11/Assessment%20in%20PHE%20Teacher%20Resource%20Handbook.pdf>

## INDIGENOUS EDUCATION

- Go to **Strong Nations**: <https://www.strongnations.com/> for outstanding, authentic indigenous resources. Subscribe to their newsletter!



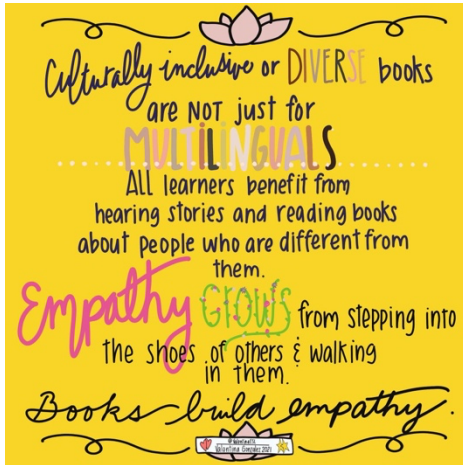
- List of Fall Courses 2025 offered through the Outdoor Learning School & Store:  
Starting Oct 8: [A Walking Curriculum for the Early Years Course](#)  
Starting Oct 14: [Anishinaabemowin \(Ojibwe\) Introductory Language Course](#)  
Starting Oct 20: [Braiding Sweetgrass for Young Adults: Course for Educators](#)  
Starting Nov 3: [Social Emotional Learning \(SEL\) through Outdoor Learning](#)  
Starting Nov 5: [The Medicine of Stories in Educating Hearts, Minds and Spirits](#)  
Starting Nov 5: [Supporting Indigenous Children's Success through Nature-based Learning](#)  
Starting Nov 13: [4 Seasons of Indigenous Learning / 4 saisons de la réconciliation](#)

**For more information and excellent resources check out the website at: <https://outdoorlearning.com/>**

- Shared by **Carolyn Roberts @mcarolynroberts** - Check out our website for this meaningful discussion on ways you can include Indigenous education into your teaching practice.  
<https://www.carolynroberts.net/single-post/how-to-transform-classroom-practices-for-meaningful-indigenous-inclusion>



# INCLUSIVE EDUCATION



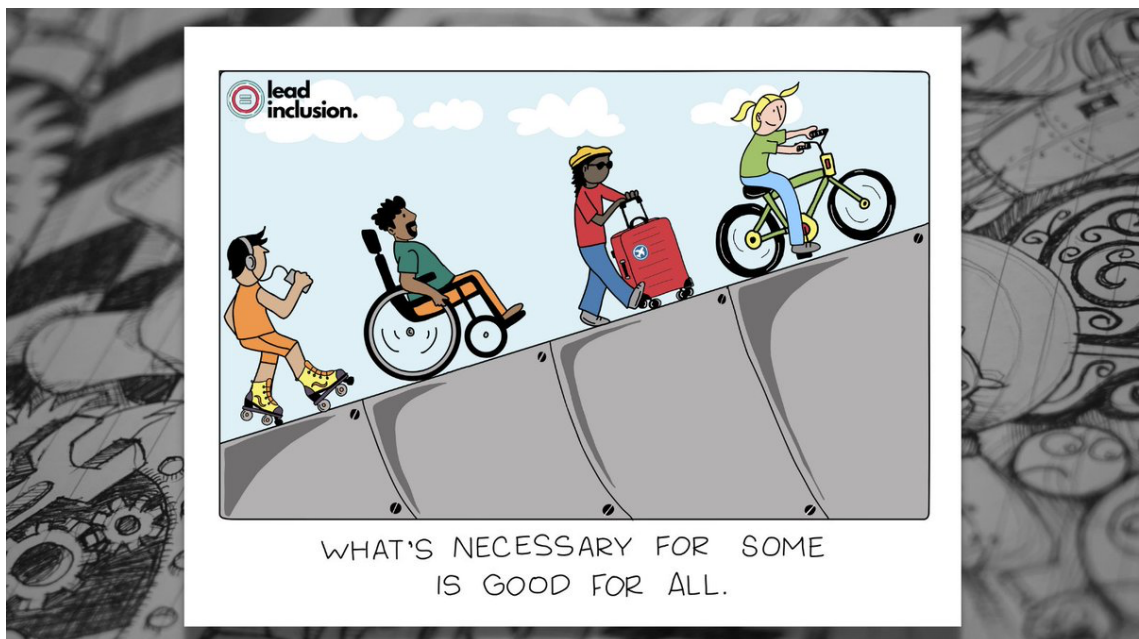
## BITE-SIZED PD

"I ask families to share a goal they have for their student as part of my initial communication introducing myself. My chosen academic goals can come later, but **I want to make sure I know what caregivers and students are hoping to get from their school experience.**"

—TEACHER ZACH PAUL

#T2T

- Must-use resource for inclusive education **Dr. Shelley Moore** - <https://www.drshelleymoore.com/>. Check out the many excellent resources on this site, particularly **Five Moore Minutes** - demand videos, courses, podcasts to help educators embrace inclusion.
- Shared by **Dr. Catlin Tucker** @Catlin\_Tucker - **Tier 1 Insights to Guide Intervention and Enrichment** <https://bit.ly/4c7U01Z>
- From **Inclusive Education/Education inclusive Canada** @InclusiveEdCan - @InclusionBC has put together a **great check list for parents**: <https://inclusionbc.org/resource/septe>
- From Colorin\_Colorado @ColorinColorado - If you are looking for **#ELL back-to-school resources**, take a look at our new collection! <https://www.colorincolorado.org/back-school-resources-ell-educators>





## ASSESSMENT/INSTRUCTION

- From TCEA @TCEA - **9 Teacher-Tested Retrieval Strategies** From mini-whiteboards to 'Question du Jour' and confidence ratings—here are 9 real-classroom tactics that make retrieval practice fast, fun, and formative. Worth every minute! <https://buff.ly/SDvKWxk> via @CultofPedagogy
- From TCEA @TCEA - Reflection isn't a nice-to-have—it's essential for deeper learning. This list of 20+ **classroom reflection strategies** gives you practical ways to help students think critically about their work, mindset, and growth. Great for closing lessons or guiding metacognition all year. <https://buff.ly/hgcRNnk> via @TeachThought

## 15 REFLECTION STRATEGIES

### TO HELP STUDENTS RETAIN WHAT YOU JUST TAUGHT THEM

- |                                 |                 |              |
|---------------------------------|-----------------|--------------|
| • Pair-Share                    | • Exit Slips    | • Jigsawing  |
| • Sentence Stem-based responses | • Write-Around  | • Prezi      |
| • Layered Text                  | • Sketch        | • Vlog       |
| • Tweet                         | • Podcast       | • Collage    |
| • 3-2-1                         | • Brainstorming | • Journaling |

teachthought  
WE GROW TEACHERS

## THINK, PAIR, SHARE HOLDING STRUCTURED DEEP DISCUSSIONS

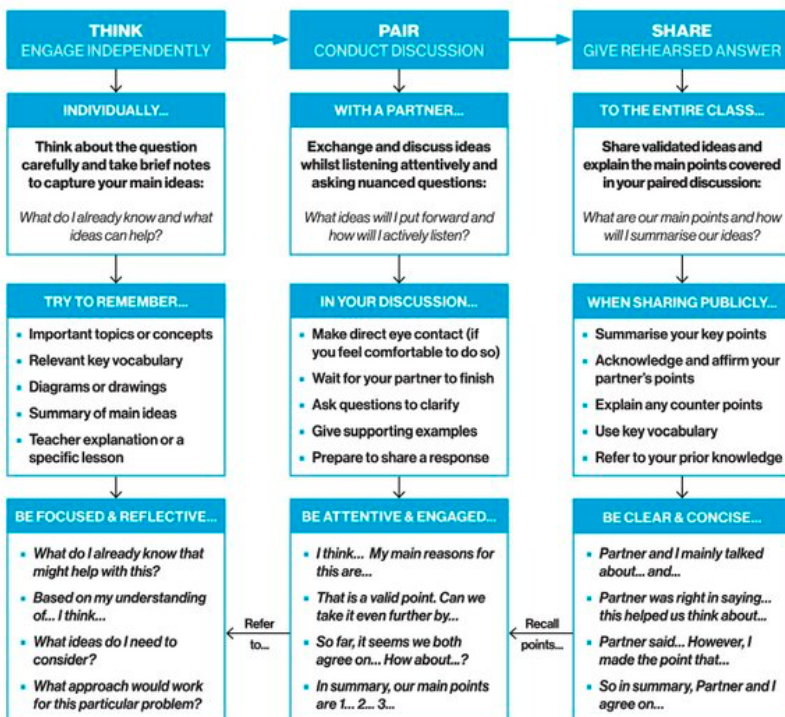
### WHAT IS 'THINK, PAIR, SHARE'?

Think Pair Share (TPS) is a way for you and your peers to work together and learn from each other. Here's how it goes: first, you think about a question or problem on your own. Take your time to come up with your own ideas (you can even write this down if you wish). Then, you pair up with a shoulder partner. Share your thoughts and listen to theirs. It's all about learning from each other. Finally, you get to share your best ideas with the whole class.

### WHY IS 'THINK, PAIR, SHARE' USEFUL?

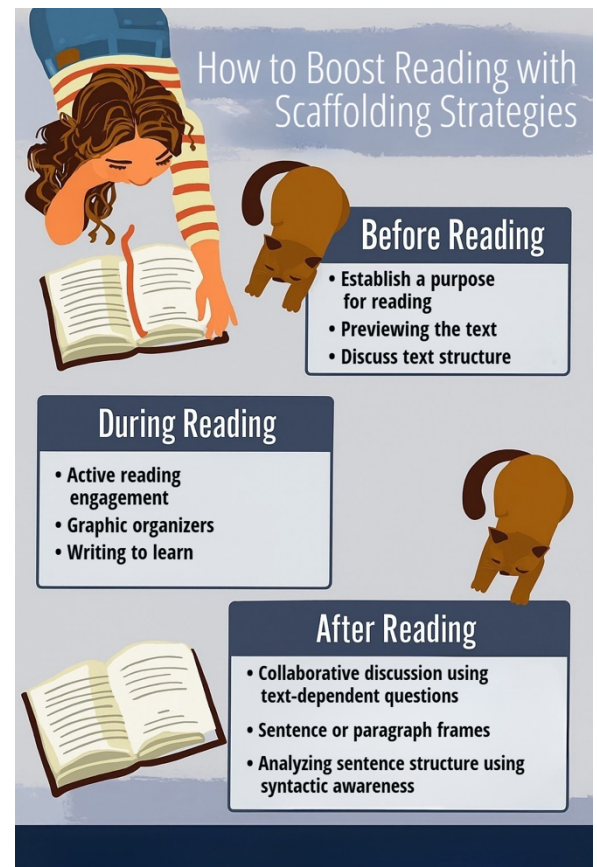
TPS helps you get better at thinking things through by listening to what your peers have to say. Plus, when you share your own ideas, it makes you feel validated because your classmates are listening and respecting what you have to say. It's like a confidence boost! TPS also makes sure everyone gets involved and is able to express their ideas so nobody feels left out. It's all about making sure everyone is thinking and ready to share their ideas.

### HOW DO I DO 'THINK, PAIR, SHARE' EFFECTIVELY?



CREATED & DESIGNED by Jamie Clark | @XpatEducator | jamieclark.com

From **Teacher2Teacher** @teacher2teacher - Ts, how are you making sure you hear from all your Ss - even the quiet ones? This discussion routine, from educator @XpatEducator, can set them ALL up for success (see left image):



Jennifer Throndsen - Solution Tree blog



## PROFESSIONAL LEARNING



- From C2C-BC @C2C\_BC - It's Official! Monique Gray Smith is our featured guest for the **C2C 2025 Virtual Conference on October 24, 2025!** Join us as we explore Weaving Relationships, Growing Networks, and be inspired by her message: Love is Medicine <https://c2c-bc.org/registration>



- Shared by MyPITA @BCPITA - Register for the **Provincial Intermediate and Middle Years Teachers Association (myPITA) Fall 2025 Conference** - see website for details. In-person in Mission on October 24-25 or online on October 24.
- There are many other excellent professional learning opportunities on Friday, October 24, 2025. Please check this link for the full list of sessions offered by the **Provincial Specialists Association**: <https://www.psaday.ca/>.
- Check the POPEY flyer (attached to the CISP Learning Update) regarding the BC POP Conference for a list of over **20 virtual sessions highlighting evidence-based practices** to support the diverse needs of your learners. Join the BC Ministry of Education and Child Care Provincial Outreach Programs to supercharge your practice.



## RECOMMENDED WEBSITES, PODCASTS

- **Knowledge Matters Campaign** @KnowledgeMats - e.g.,
  - If you care about how students really learn, don't miss Season 3 of the #KnowledgeMatters podcast **"Literacy & the Science of Learning"**! Featuring @DougLemov, @NatalieWexler, @dylanwiliam & others offering real, research-grounded insight: <https://knowledgematterscampaign.org/podcast/>
  - Complex paragraph + sentence structure do not easily emerge from a simple idea. Another reason why **content is such a crucial component of writing instruction**! @serenavwhite + @natwexler talk about the role knowledge played in @MCSchoolsLa improvement! <https://tinyurl.com/ynnhd8jd>
- **Melissa & Lori Love Literacy Podcast** @literacypodcast - <https://literacypodcast.com/podcast>, e.g.,
  - Want every podcast episode we've done on **fluency**—all in one place? Now you've got it. We pulled together 12 incredible episodes featuring leading fluency experts—plus a detailed blog post packed with classroom strategies. Tap to read now: <https://literacypodcast.com/blog/everything-you-need-to-know-about-fluency-in-12-podcast-episodes>
  - Tap the link for ALL of our **phonics and decoding book recommendations**! <https://literacypodcast.com/blog/5-of-our-favorite-books-for-phonics-instruction>
  - Stephanie Stollar and Sarah Brown are breaking down what **MTSS really is** (and isn't), why Tier 1 instruction is your best tool for change, and how to build systems that actually support you and your students. Listen Now! <https://podcasts.apple.com/us/podcast/mel>
- **The Six Shifts** - janandkari@the sixshifts - thesixshifts.com - Supporting K-5 Literacy Instruction Through Professional Books, Online Courses, Workshops, Literacy Audits, and Consulting, e.g., Snapshot of New and Favourite Content at TheSixSfts.com:
  - **New Gratitude Goodie** (Free Download Above): [Read Alouds for Starting a New School Year](#)
  - **New Resource Expansion**: [Explore the now fully expanded 3 libraries of Blending Magic](#) to bring more meaning into your phonics instruction.
  - **Popular Resource Spotlight**: [Short Vowels: Decodable Word Lists and Sentences](#)
  - **Popular Content Corner** (Topic Page): [Literacy Leadership](#)
  - **Popular Professional Development Topics**: [Jan and Kari's PD Menu](#)
- **Chalkdust** with Nathaniel Swain and Rebecca Birch - Each episode, they slow things down and analyse real classroom footage, unpacking the teaching moves that make a difference, and connecting them to what they know about how students learn best. Podcasts can be accessed with:
  - [Apple Podcasts](#), [Spotify](#), and [YouTube](#)
- **NOIIE Website (Network of Inquiry and Indigenous Education)** - Check this website to find out how educators are sharing and changing their practice to increase student learning and well-being. Attend the Learning bursts for inspiring sessions focused on advancing literacy in both elementary and secondary classrooms. Hear from expert educators as they share powerful strategies and practical insights to support deeper literacy learning. Go to <https://noiie.ca/learning-bursts/> for more information and to register for sessions on **October 22nd, 2025, December 2nd, 2025, and February 26th, 2026**. Don't forget to [register today](#)!





And finally, from TED-Ed: We're so grateful we were able to work with Dr. Jane Goodall, and we are deeply saddened to hear of her passing. The conservationist narrated this poem, which asks us to re-think how we live and how we can jumpstart the rebirth of our planet: <https://ed.ted.com/lessons/what-happened-when-we-all-stopped-narrated-by-jane-goodall>



Optimistic October 2025

MONDAY

6

Remind yourself that things can change for the better

13

Ask for help to overcome an obstacle you are facing

27

Be kind to yourself today. Remember, progress takes time

TUESDAY

7

Look for the good in people around you today

14

Do something constructive to improve a difficult situation

28

Ask yourself, will this still matter a year from now?

WEDNESDAY

1

Write down three things you can look forward to this month

8

Make some progress on a project or task you have been avoiding

15

Thank yourself for achieving the things you often take for granted

22

Share a hopeful quote, picture or video with a friend or colleague

29

Plan a fun or exciting activity to look forward to

THURSDAY

2

Find something to be optimistic about (even if it's a difficult time)

9

Share an important goal with someone you trust

16

Put down your to-do list and do something fun or uplifting

23

Recognise that you have a choice about what to prioritise

30

Identify three things that give you hope for the future

FRIDAY

3

Take a small step towards a goal that really matters to you

10

Take time to reflect on what you have accomplished recently

17

Take a small step towards a positive change you want to see in society

24

Write down three specific things that have gone well recently

31

Set a goal that brings a sense of purpose for the coming month

SATURDAY

4

Start your day with the most important thing on your to-do list

11

Avoid blaming yourself or others. Find a helpful way forward

18

Set hopeful but realistic goals for the days ahead

25

You can't do everything! What are your three priorities right now?

SUNDAY

5

Be a realistic optimist. See life as it is, but focus on what's good

12

Look out for positive news and reasons to be cheerful today

19

Identify one of your positive qualities that will be helpful in the future

26

Find a new perspective on a problem you face

ACTION FOR HAPPINESS

Happier · Kinder · Together