

10 Minutes To Reflect On Your Day

Three moments you'd like to remember

Waking up at
5am and going
for a walk

Macie saying
her first word
"nanana" for
banana.

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One idea from today that you'd like to explore further:

Kids Yoga

Your initial thoughts:

Easy kids poses

One of the day's triumphs, big or small:

Group time all children engaged

One of the day's challenges, big or small:

Biting child need to shadow

One thing you learned from your triumph or challenge:

There is a reason for the biting.

Two events or news stories out in the world that caught your attention:

Penguins at risk in Antarctica, 4 year old stuck in vending machine