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| **June Purposeful Programming** | | |
| DAY | RESOURCES | CELEBRATION IDEAS |
| **June 8th**  **World Oceans Day** | * World Oceans Day events in June including **film screenings, videos, art, and music**: [List of Online Events](https://worldoceansday.org/events/?category=all&country=all&online=true&startDate=2020-06-05&endDate=2020-06-12) * **Ocean Coloring Sheets:** * [Sea Turtle](https://mymasterpieceliving.com/resource/turtle/) * [Koi Fish](https://mymasterpieceliving.com/resource/koi/) * [Sun and Waves](https://mymasterpieceliving.com/resource/sun-and-waves/) * [Whale](https://mymasterpieceliving.com/resource/whale/) * **Drink Recipe**: [Sonic Ocean Water](https://mymasterpieceliving.com/resource/sonic-ocean-water-recipe/) * A 30-minute **documentary** of a 1-week journey through the remote waters of the Sargasso Sea to assess the fate of plastic in the oceans. [Smog of the Ocean Screening Kit](https://drive.google.com/file/d/0Bz9Kgk281YL0Vk9jeWhFdDVFem8/view) * Use this website for **educational videos, podcasts and more** about the ocean. <https://oceanservice.noaa.gov/facts/ocean-human-health.html> | * Encourage **residents** and **team members** to wear the colors of the ocean on June 8th. * Serve the beautiful and refreshing Ocean Water drink on the moving cocktail cart or dinner tray this day/week. * Include videos, podcasts and facts on the internal TV channel. |
| **June 17th National Eat Your Vegetables Day** | * **Dr. Roger’s Article:** [5-Step Nutritional Plan](https://mymasterpieceliving.com/resource/5-step-nutritional-plan/) * **Easy Recipes:** * [Zucchini Coffee Cake](https://mymasterpieceliving.com/resource/zucchini-coffee-cake-recipe/) * [Smoothie Recipes](https://mymasterpieceliving.com/resource/smoothie-recipes/) * [No-Bake Carrot Cake Bars](https://mymasterpieceliving.com/resource/no-bake-carrot-cake-bars/) * [2- Ingredient Sweet Potato Pancakes](https://mymasterpieceliving.com/resource/2-ingredient-sweet-potato-pancakes/) * ***How well do you know your vegetable facts?***   [Veggie Trivia Worksheet](https://mymasterpieceliving.com/resource/veggie-trivia/) | * Schedule a 20-minute **team member** wellness break to make an easy snack or smoothie. * Deliver a choice of recipes and ingredients to **residents**. * Create a contest with the Veggie Trivia. |
| **June 21st Father’s Day** | * **Dr. Roger’s Article**:   + Word Document: [A Nod to Dads](https://mymasterpieceliving.com/resource/a-nod-to-dads-article-by-dr-roger/)   + Blog: [A Nod to Dads](https://mymasterpieceliving.com/a-nod-to-dads) * NFL Complementary **Game Pass** <https://gamepass.nfl.com/packages> * *Why do fathers who golf take an extra pair of socks?* Find the answer, plus more **Dad jokes** here on this printable joke sheet. [Father's Day Jokes](https://mymasterpieceliving.com/resource/fathers-day-jokes/) | * Print the jokes sheet for the fathers in your community or share them in a newsletter or internal station. |
| **June 21st**  **World Music Day** | Join cities around the world celebrating World Music Day: <http://www.makemusicday.org/>   * *“This is a site for celebrating art from all over the world, showcasing amazing talent, and coming together as a community at a time when we need it more than ever.”* <https://www.socialdistancingfestival.com/> * Line Rider Cartoon to Beethoven’s 5th Symphony   <https://www.youtube.com/watch?v=qVlwF2UFv6o>   * Free Music Appreciation Courses <https://www.springboard.com/blog/30-best-free-online-music-courses/> * Set up by vocal leader James Sills, [The Sofa Singers](https://www.thesofasingers.com/) brings together hundreds of people in real time for 45 minutes of simultaneous singing. * Select music videos for internal tv to highlight on this day (Music for Memory and Perfect Nostalgia are 2 groups on YouTube with great music selection from the 20’s – 60’s). | * Highlight **team members** musical or dance talent with a live performance or video on internal tv. * Plan a parade of musicians across the community. * Organize small groups of Drum Circles – from hallway doors, balconies, or in socially distanced small outside groups. * Organize a Flash Mob –**residents** and **team members** can follow along with an internal video to practice for a later demonstration. * Encourage movement by dancing along to Old Classics playing on internal TV. * Interview a certified music therapist in your area about the many benefits of music. Broadcast the interview internally. |
| **June 26th:**  **Forgiveness Day (forgive COVID-19)** | * Conflicts and Core Beliefs During COVID by Danielle Palli   + Word Document: [Conflicts and Core Beliefs](https://mymasterpieceliving.com/content/uploads/2020/06/Conflicts-and-Core-Beliefs.docx)   + Blog: [Conflict and Core Beliefs](https://mymasterpieceliving.com/conflicts-and-core-beliefs-during-covid) * <https://mindfulnessexercises.com/8-mindfulness-exercises-for-love-and-compassion/> * Broken Brain Podcast Series [#115: How Meditation Can Help You Let Go of the Past, Forgive Yourself, and Move Forward with Megan Monahan](https://shows.acast.com/broken-brain/episodes/115-how-meditation-can-help-you-let-go-of-the-past-forgive-y) * <https://mindfulnessexercises.com/10-inspirational-mindfulness-quotes/> | * Ask **residents** and **team members** to write a letter to COVID-19 and add it to your newsletter or submit brief highlights of their positive learnings from this experience. * Add these mindfulness memes to cork or digital bulletin boards. |