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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.
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| **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.

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| **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.
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| **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.
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| **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.
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