

Morning Announcements



August 15

National Relaxation Day

This Sunday is National Relaxation Day Eagles (insert school name or mascot here)! A day when we slow down, breathe, and relax. Relaxation Day was founded in 1985 by Sean Moeller who was only a fourth grader at the time. He suggested that on this date people should not do anything of real value, only relaxation.

Sean had the wisdom of some of our great neuroscientists who know the value of learning how to reduce our brain's stress response, which is vital to a long, healthy life. We challenge you and your family to do absolutely nothing on Sunday. So, get your homework done on Saturday! You will have the opportunity to learn more _____ (insert text from checked boxes below).

- From your counselor, teacher, or nurse
- During the homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the KnowYourNeuro.org website
- Other _____