

Deep Run At Home!

Week of March 23 – 27

Stay connected with the Deep Run Community by participating in our fun, **daily challenges!** If you participate, share your picture with us on Twitter @hcpss_dres with the hashtag: #dresathome! Or post your pictures on the PTA's Facebook page!

Mindfulness Monday

Join us for a mindfulness activity or exercise.

Tune in Tuesday

Tune in to listen to a story or song from one of our staff members!

Wellness Wednesday

Join in on a wellness challenge! A fun way to stay ACTIVE while at home!

Thoughtful Thursday

Perform an act of kindness or do something thoughtful for someone else.

Family Fun Friday

Do something fun as a family! We'll post some ideas for what you can do!