

5/1/2020

Hi,

During this challenging time, 1500 Howard St. is closed, but The Arc San Francisco is open!

- Visit us online at The Hub, our remote learning site:
<https://www.thearcsfhub.org/>
- Call the Arc Friendship Line:
415-480-1097 (9am-3pm, expanding soon)
- Be friends with us on Facebook:
The Arc SF Edu
- Call your instructor
- Watch your mail. Color mandalas and play bingo with us!

Be safe! Be healthy! We're thinking of you! We care about you!

Cynthia, Heather, Jessica and Courtney
and your whole Arc Education Team

P.S. People around the world are drawing rainbows and putting them in their windows to cheer each other up. You are invited to join us in drawing a rainbow for your window!



Stay Healthy Arc San Francisco!

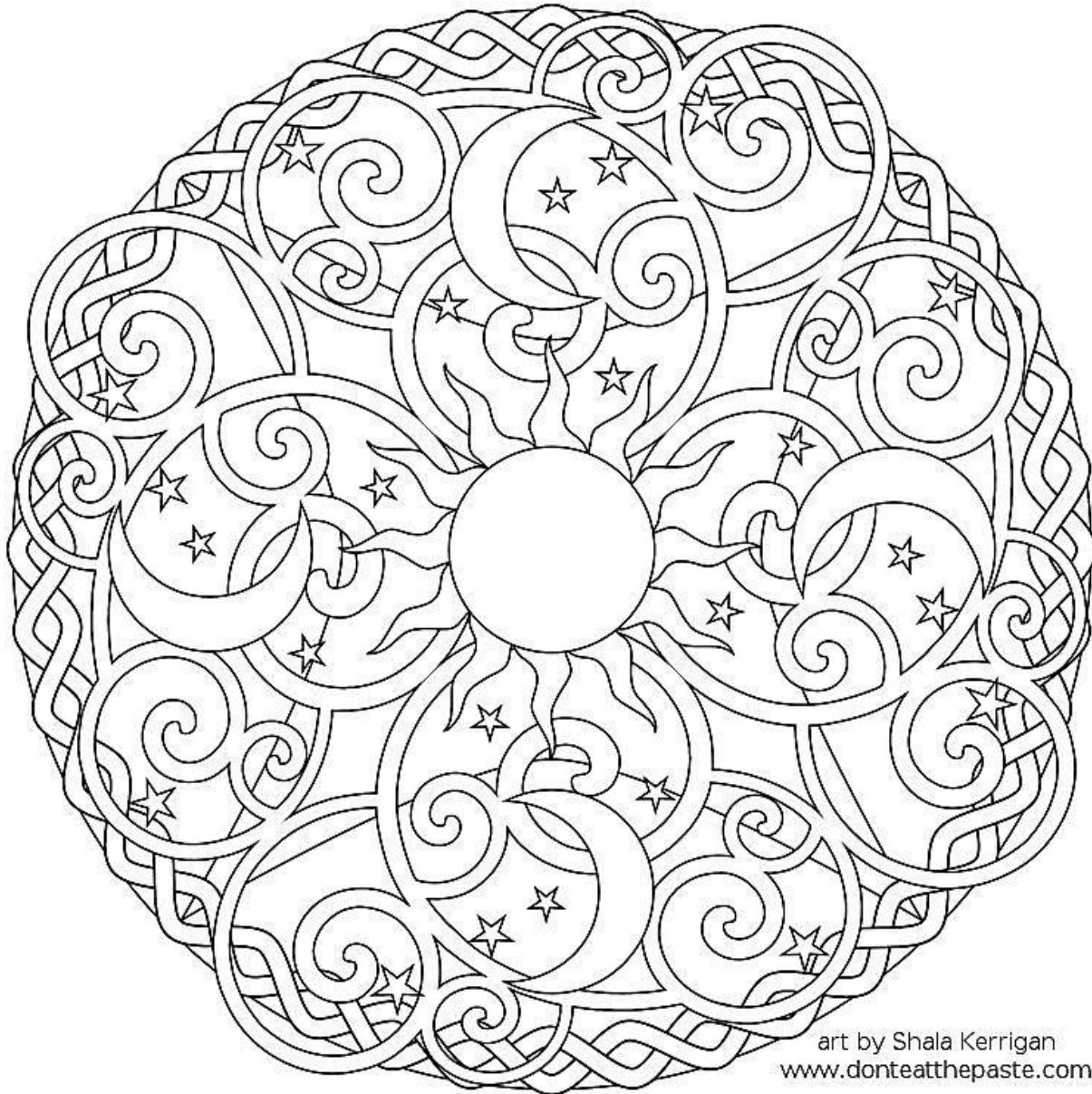
Cover your cough	Eat a green veggie	Vist The Arc SF Hub	Write in a journal
Meditate	Wash your hands 20 seconds	Do yoga stretches	Cover your cough
Eat a green veggie	Listen to happy music	Call a friend	Meditate
Exercise	Make a healthy snack	Dance at home	Wash your hands 20 seconds

Stay Healthy Arc San Francisco!

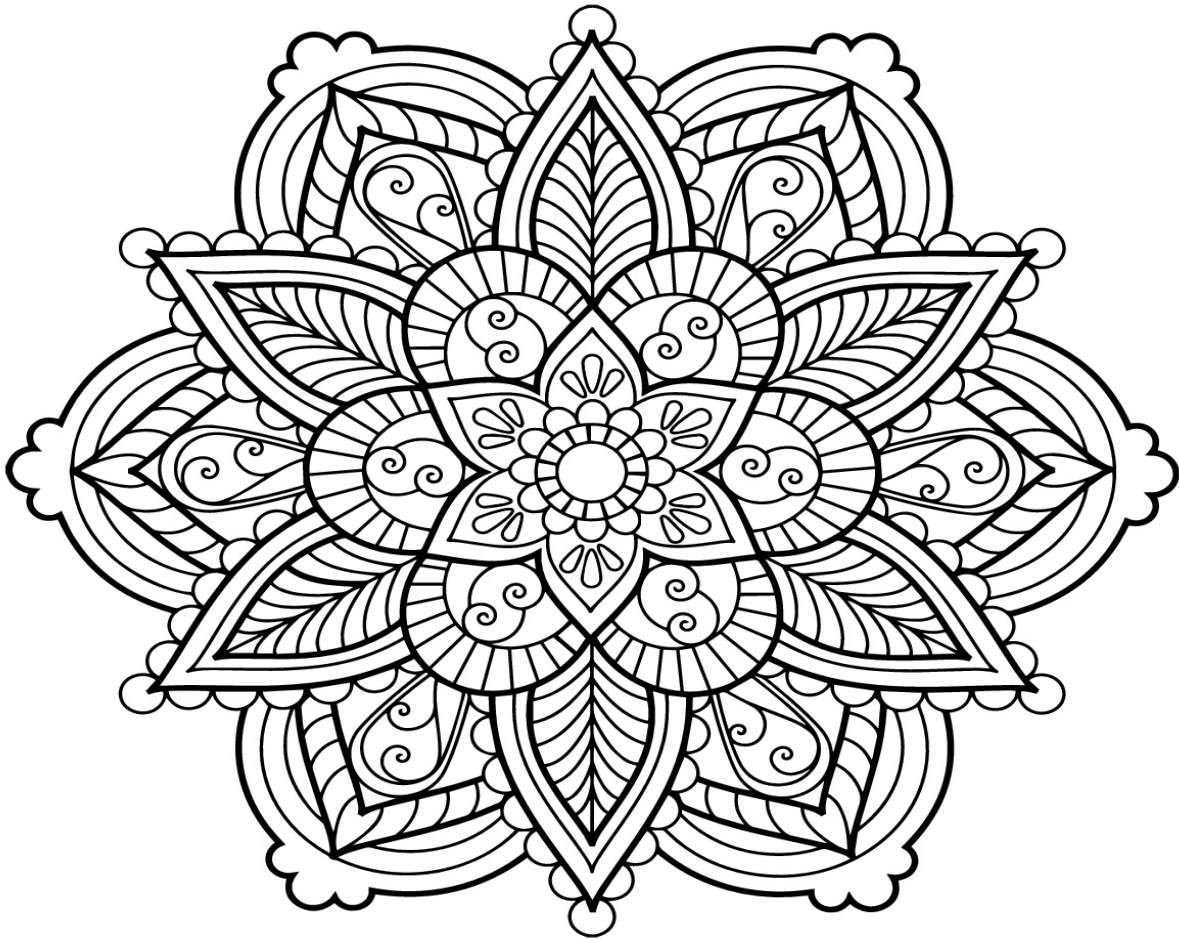
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Adult Coloring for Meditation

Listen to soft music, color and meditate.



art by Shala Kerrigan
www.donteatthepaste.com



Affirmations (Thinking helpful thoughts):

Say these to yourself quietly while you meditate, and breathe deeply with each one. Choose one that is right for you, or make up your own. Or you can choose a favorite meditation or prayer from your own tradition.

I am important.

My family and friends love me.

I have ways of keeping myself well.

I will continue to talk to people who care about me by phone.

I will practice self- care.

I deserve nutritious and delicious meals.

Exercise is fun, and good for me.

Sometimes I just feel like dancing.

I will keep my mind active. There are many things I am curious about.

I am calm.

I am able to relax and enjoy the day.

I will look on others with kindness.

I am at peace.