

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right;">1</p> <p>Kick-off Put up posters/ banners around the school, post to social media, and send out email.</p>	<p style="text-align: right;">2</p> <p>Talk About It Tuesday Spend 10 minutes in class to talk about the importance of mental health.</p>	<p style="text-align: right;">3</p> <p>Wellness Wednesday Have every classroom pause and do a brain break activity for 4 minutes.</p>	<p style="text-align: right;">4</p> <p>You Matter Thursday Share a motivational video talking about breaking the mental health stigma.</p>	<p style="text-align: right;">5</p> <p>Feel Good Friday Encourage every student to share something positive that is happening in their lives during class.</p>	<p style="text-align: right;">6</p>
<p style="text-align: right;">7</p>	<p style="text-align: right;">8</p> <p>Motivational Monday Do a gratitude activity with students.</p>	<p style="text-align: right;">9</p> <p>Talk About It Tuesday Have a mental health assembly and invite a speaker to talk about mental health.</p>	<p style="text-align: right;">10</p> <p>Wellness Wednesday Host a mindfulness crafting event at lunch.</p>	<p style="text-align: right;">11</p> <p>You Matter Thursday Spend 5 minutes walking around the campus with the students to take a mental break.</p>	<p style="text-align: right;">12</p> <p>Feel Good Friday Host a movie screening school wide.</p>	<p style="text-align: right;">13</p>
<p style="text-align: right;">14</p>	<p style="text-align: right;">15</p> <p>Motivational Monday Have students browse one of the stress management resources.</p>	<p style="text-align: right;">16</p> <p>Talk About It Tuesday Share a short video talking about breaking the mental health stigma.</p>	<p style="text-align: right;">17</p> <p>Wellness Wednesday Have every class pause and do a brain break activity.</p>	<p style="text-align: right;">18</p> <p>You Matter Thursday Host a mental health resource fair for students.</p>	<p style="text-align: right;">19</p> <p>Feel Good Friday Bring a whiteboard out during recess and have students write what gives their life meaning.</p>	<p style="text-align: right;">20</p>
<p style="text-align: right;">21</p>	<p style="text-align: right;">22</p> <p>Motivational Monday Wear Green Day to support mental health.</p>	<p style="text-align: right;">23</p> <p>Talk About It Tuesday Host small groups of students to talk about mental health.</p>	<p style="text-align: right;">24</p> <p>Wellness Wednesday Host a mindfulness craft during lunch.</p>	<p style="text-align: right;">25</p> <p>You Matter Thursday Have students send each other positive mental health messages.</p>	<p style="text-align: right;">26</p> <p>Feel Good Friday Host a movie screening school wide.</p>	<p style="text-align: right;">27</p>
<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p> <p>Motivational Monday Allow students time to write down their mental health-centered goal for summer.</p>	<p style="text-align: right;">30</p> <p>Talk about it Tuesday Encourage staff to share their mental health story so students know they aren't alone.</p>	<p style="text-align: right;">31</p> <p>Wellness Wednesday Have every class pause and do a brain break activity.</p>	<p style="text-align: right;">1</p>	<p style="text-align: right;">2</p>	<p style="text-align: right;">3</p>