

Student Mental Health Awareness Week: Practice Coping Skills

Your mental health matters! Join us in celebrating May 8-12 2023!

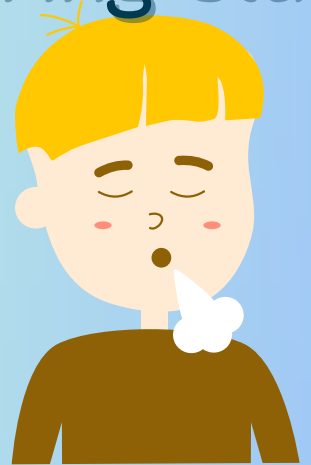


CALIFORNIA STUDENT
MENTAL HEALTH WEEK

Mindful Monday

Coping Skill:
Practice Belly Breathing—take deep breaths

School Activity:
Green ribbons for awareness and Positive affirmation and coloring station



Treat Yourself Tuesday

Coping Skill:
Treat yourself to your favorite thing to do!

School Activity:
Wellness scavenger hunt and Spirit Day— wear green!



Wellness Wednesday

Coping Skill:
Take care of yourself! Eat healthy and drink plenty of water

School Activity:
Positive affirmation and coloring station



Thankful Thursday

Coping Skill:
Think about or write down 3 things you are thankful for today

School Activity:
Chalk it out! Chalk positive messages and drawings



Feel Good Friday

Coping Skill:
Do something fun! Having fun is a great way to relieve stress

School Activity:
Chalk it out! Chalk positive messages and drawings

