

The Wellness Department has dedicated the Month of May to Educate, Raise Awareness and Reduce Stigma of mental, behavioral and substance abuse issues

<p>Click on each link that brings you to the activity or information. Mantras & Meditate MONDAY</p>	<p>Talking about your feelings Talk About It TUESDAY</p>	<p>Show your support by wearing Green/Purple Wellness WEDNESDAY</p>	<p>On these days we give thought to others Thoughtful THURSDAY</p>	<p>Let's get informed, it's important to be in the know! Just the Facts FRIDAY</p>	<p>Resources https://www.nimh.nih.gov/health/topics/depression The Herren Project Article on depression</p>
<p>1. Herren Project Hunking school 6-8pm Get your tickets Ticket link Mindful-Ozzy PreK-2 Breathing Activates Self-Esteem Mantra "The things that make me different are the things that make me ME" Embrace it</p>	<p>2. Herren Project Tonight is the night. 6-8pm Hunking School DON'T MISS THIS Ticket link Different kind of hurt Explanation of mentally not feeling well Different kind of hurt Teacher version</p>	<p>3. Mindfulness breaking activity</p>	<p>4. If you were not having a great day: Who could you talk to make you feel better? A trusted adult? Try some stretches? What activity is your favorite?</p>	<p>5. Know the Warning Signs 40 Children's Books for mental health education</p>	<p>Females and Depression, Help https://herrenproject.org/ YouthNow</p>
<p>8. cosmic kids yoga Connection Mantra "Pay attention, it is my responsibility to look" Take in the moment. This is National Prevention Week (May 7-13th)</p>	<p>9. What to do when it's not a great day</p>	<p>10. Three wishes If you had 3 wishes what would they be? *nothing can be purchased, car,house, more wishes.</p>	<p>11. What helps you to feel comfort or calm? Draw it Describe it with as much detail and explain why.</p>	<p>12. https://namimass.org/kids/</p>	<p>Parent Resources</p>
<p>15. Books on Breathing Purpose Mantra "I am worthy of happiness and success" I will continue forward</p>	<p>16. 10 Must Try Apps for Kids with Anxiety</p>	<p>17. Work it out 1 min exercise that begins with a W-"Wall-Sits" "Walking" Can you walk like a "walrus" Be creative</p>	<p>18. Resilience Gratitude Write about a challenge you have faced with courage.</p>	<p>19. https://www.mghclaycenter.org/mental-health-programs/</p>	<p>Vaping Information Herren Project- Prevention Month</p>
<p>22/29 Learn the warning signs Choice Mantras "I choose to attract only positive actions**"</p>	<p>23/30 Get these books to order or check out at the library: You Belong Here by M.H.Clark Maybe by Kobi Yamada</p>	<p>24/31 Support Tree Stand in a circle, do your best tree pose. Connect raised hands (branches). See how long you can support each other</p>	<p>Make a paper chain: Look Forward: Students set positive goals or intentions. Display them or each student wears them as a reminder.</p>	<p>Why infant mental health matters</p>	<p>Navigating a Mental Health Crisis NAMI Massachusetts</p>

