

# Stevens Forest Elementary School's

## May Mental Health Awareness Month Idea Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Listen to your favorite song that put you in a positive mood.	2 Get a good night's sleep. No screens before bed or when waking up.
3 Express your creativity! Paint, dance, bake or sing!	4 Slowly eat a treat you like, taking the time to experience why you like it.	5 Find positive stories in the news and share with others.	6 Take a daily walk. What did you notice in nature today?	7 Use empathy to put yourself in someone else's shoes!	8 Organizing can be calming. Re-arrange or organize something. Bedroom? Toys?	9 Stay hydrated. Drink lots of water!
10 Have some family fun! Play a game together.	11 Spend time with a pet or squeeze a stuffed animal.	12 Where is your happy place? The beach? Mountains? Baseball field? Imagine it in your mind.	13 Eat some GREEN veggies today to stay healthy.	14 Take a moment to be grateful for everything your mind can do.	15 Find a way to smile. Watch a funny video or make a silly face.	16 Write/draw 3 things you do to take care of yourself.
17 Chores? Dance or whistle while you work!	18 Close your eyes and imagine you hear the waves crashing at the beach.	19 Write down the good things that happened today.	20 Try some yoga with a sibling or family member.	21 Write/draw 3 things you are grateful for!	22 Make your own healthy snack today and share it with your family.	23 Read your favorite book. Call someone and tell them about it.
24 Sing in the shower!	25 Sit quietly and take 10 deep breaths.	26 Pick a family member to call or facetime today.	27 Get active! Move & stretch.	28 Ask a friend how they are doing and REALLY listen!	29 Give someone a compliment.	30 Journal or draw about your feelings today.
31 Create a funny story. Act it out!						