



Suggested Activities for Children’s Mental Health Awareness Week: Mental WEalth is for Everyone

Schedule	Everyone	Students	Staff	Parents
<p>Saturday, May 8, 2021 <i>8:00 a.m.</i></p> <p>To participate/attend register at: <u>Teen Advisors 5K</u></p>	<p>Teen Advisor’s 5K & 1 Mile</p> <p>MCS D school with the most participants will win a monetary donation from Teen Advisors for their school’s Counseling Department.</p>			
<p>Sunday, May 9, 2021 <i>ALL DAY</i></p>	<p>Go Green for Mental Health Awareness on Social Media</p> <p>Wear Green or a green mental health ribbon to faith-based and community activities. Have everyone post on social media from their faith-based or community events and use the hashtags:</p> <p>#MentalWEalthMCS D or #MentalWEalthColumbus</p>			
<p>Monday, May 10, 2021 <i>ALL DAY</i></p> <p>Virtual Mental Health Resource Fair: <i>4:00 p.m. – 6:00 p.m.</i></p> <p>To participate via Zoom register at: <u>MH Resource Fair</u></p>	<p>Morning Mindfulness with our SIGHT: Imagine (close your eyes and think of a place that makes you happy or calms you)</p>	<p>View and discuss any of the mental health videos created by the Pastoral Institute for students by grade level.</p> <p>This can be done school-wide during ILT/extended homeroom.</p>	<p>Virtual Mental Health Resource Fair</p> <p>Come hear from some of our local mental health providers about resources available in our community.</p> <p>Once you register you will receive your link to join by email.</p>	

Schedule	Everyone	Students	Staff
<p>Tuesday, May 11, 2021 <i>ALL DAY</i></p> <p>Lunch & Learn Session <i>12:00 p.m. – 1:00 p.m.</i></p> <p>To participate via Zoom register at: <u>Register Here</u></p>	<p>Morning Mindfulness with our HEARING: Counselors will create a playlist of calming music or just music that can be played in their classroom. Or have teachers play Simon Says</p>	<p>Students view a video or live lesson on “protective factors” by Velocity/ Teen Advisors or presented by their school counselor</p>	<p>Lunch & Learn: Protective Factors & Self Care Webinar Michelle Jones of the Pastoral Institute will help you understand the difference between Protective Factors and Risk Factors and how knowing this difference will lead you to positive self-care.</p> <p>Once you register you will receive your link to join by email.</p>
<p>Wednesday, May 12, 2021 <i>ALL DAY</i></p>	<p>Morning Mindfulness with our SMELLING: Breathing techniques. Have student pretend they have their favorite snack in their hand or peppermint or starburst allow them to hold it while taking a few deep breaths.</p>	<p style="text-align: center;">Stop the STIGMA Campaign</p> <p>Activities for school/home/community and Well-Being Pledge Day. Resources available here: <u>www.childrensmentalhealthweek.org.uk/parents-and-carers/</u></p> <p>Well-Being Pledge Day Cards available at your child’s school or on the MCSD website under the “News” section.</p>	
<p>Thursday, May 13, 2021 <i>ALL DAY</i></p> <p>Lunch & Learn Session <i>12:00 p.m. – 1:00 p.m.</i></p> <p>To participate via Zoom register at: <u>Register Here</u></p>	<p>Morning Mindfulness with our TASTE: Students/faculty/parents take the time to enjoy their breakfast/lunch or a special treat. Emphasize being in the moment and enjoying the taste of food/snacks that day.</p>	<p>SEL Lesson on managing stress/anxiety or sadness/grief.</p>	<p>Lunch & Learn: NAMI presents "Ending the Silence" Webinar Stephen Akinduro will provide a presentation for teachers/caregivers and anyone who works with or knows youth who have a mental illness. The program is designed to promote seeking support and reduce discrimination about mental illness. Caregivers will receive a presentation about how to support youth with mental illnesses and how to seek support for themselves as well.</p> <p>Once you register you will receive your link to join by email.</p>

Schedule	Everyone	Students	Staff
<p>Friday, May 14, 2021 <i>ALL DAY</i></p> <p>Community-wide Brain Break <i>2:00 p.m.</i></p>	<p>Mindfulness with our TOUCH: Head shoulders, knees, and toes, allow a moment of time in the schedule for the students to stretch lead by the teacher *** allow students to have a writing prompt or google survey on what their favorite sense was, what they learned about mindfulness, and which one technique they learned and intend to use.</p>	<p><u>Community-wide brain break at 2:00 PM (approximately 10-20 mins.</u> Examples of brain breaks- dance, coloring, meditation, a quiet walk in the sun, grounding exercises, square breathing, listening to music, running on a treadmill, use of puzzle or coloring apps, disconnecting from devices, smelling flowers, free writing/journaling, do nothing ☺</p> <p>SEL Lesson on Coping Skills.</p> <p>Use Coping Skills Cards for students to identify which coping skill they use the most and which one they can work on increasing the use of.</p>	

RESOURCES

<p><u>Click Here</u> to access the Educator Resource Kit</p> <p>Developed by Maryland Public Awareness Campaign includes mental health disorder explanations</p>	<p><u>Click Here</u> to access Coping Skills Cards</p>	<p><u>Click Here</u> to access the National Federation of Families website resources</p>	<p><u>Click Here</u> to access resources for teachers or families</p>	<p><u>Click Here</u> to access Mental Health 101: Talking With Kids</p>	<p><u>Click Here</u> to access Activity Workbook for Kids</p>	<p><u>Click Here</u> to access Mood Crew Resources</p>
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