

May is Mental Health Month
Grades K-5

- Getting enough sleep is important so that you can enjoy life and do well in school. Going to bed early and getting lots of sleep each night is an important part of feeling good and being healthy.
- Eating a healthy lunch and snacks helps you to have enough energy to learn while you are at school.
- It is important to have fun every day. Going outside to play is one of the best ways to feel happy and have fun. Running around and spending time with friends at recess time is part of a healthy school day.
- Each and every one of us has things that we can do really well. These are called your strengths and they can be used to help others in your home, school and community. Take a moment and think about how you can help others. Maybe there is a way you can help one of your classmates or teachers at school?
- Feeling safe and loved is very important to everyone. Spending time with a family member, friend or teacher at school can be helpful when you are feeling scared or worried.
- Did you know that your friends, family and even pets need to feel loved and safe? Spend time with those that are important to you. Draw someone a picture, help with chores, or read a book together.
- Books and games are a great way to learn and experience new things. We all have favorite activities that we do, but have you thought about trying something new? Such as reading a new book, playing a new game outside, painting or drawing a picture.
- Chores may not always seem like a fun way to spend your time, but they are a necessary part of everyone's life. Try doing chores with a brother or sister, or doing little bits of chores at a time until they are finished.
- Welcome friends! Start your day by being friendly, smile and greet someone first thing in the morning.
- Each person is special. Age, hair color, how tall we are and the color of our skin, make us all special and unique individuals.