

Monday

Tuesday

Wednesday

Thursday

Friday

1

You Matter: Share a motivational video talking about breaking mental health stigma

2

Feel Good Friday: Every student share something positive happening in their life

5

Motivational Monday: Do a gratitude activity with the students

6

Talk it Out Tuesday: Have a 10min chat about the importance of mental health

7

Wellness Wednesday: Have classrooms pause, and do a 4min brain activity

8

You Matter: Take a 5min walk about campus with the students for a break

9

Feel Good Friday: Host a movie screening school wide

12

Motivational Monday: Teach students a stress management activity

13

Talk it Out Tuesday: Host an assembly and invite a speaker to talk on mental health

14

Wellness Wednesday: Host a mindfulness craft during lunch

15

You Matter: Host a mental health resource fair for students

16

Bring a whiteboard out during recess, have students write what gives them joy

19

Motivational Monday: Wear Green Day to support Mental Health

20

Talk it Out Tuesday: Host small groups of students to talk about mental health

21

Wellness Wednesday: Host a mindfulness craft during lunch

22

You Matter: Have students write each other positive notes

23

Feel Good Friday: Host a movie screening school wide

26

Motivational Monday: Have students write down their goals for summer

27

Talk it Out Tuesday: Encourage staff to open up about their mental health journey

28

Wellness Wednesday: Have classrooms pause, and do a 4min brain activity

29

You Matter: Have students write down affirmations to say out loud

30

Feel Good Friday: Host a bake sale to celebrate mental health