



Forest Ridge Elementary School



May Mental Health Awareness Month Calendar

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

