






Mental Health Awareness Week

 <p>Monday May 6th Pajama Day</p> <p>Wear your pajamas or comfy clothes.</p>	<p>Coping strategy: Relaxation and rest can help recharge our battery which can improve our mental health.</p> <p>Today's activity: Classroom mindfulness meditation.</p>
 <p>Tuesday May 7th Active Wear Day</p> <p>Wear your favorite workout gear, sports jersey, or active wear today!</p>	<p>Coping strategy: Moving your body through exercise helps your brain release mood boosting chemicals.</p> <p>Today's activity: Classroom yoga.</p>
 <p>Wednesday May 8th Music Day</p> <p>Wear your favorite band or musician t-shirt!</p>	<p>Coping strategy: Listening to music can lower stress, provide a mood boost, or help you to relax.</p> <p>Today's activity: Special visit from therapy dog.</p>
 <p>Thursday May 9th Inside Out Movie Day</p> <p>Dress like your favorite emotion from the movie Inside Out.</p>	<p>Coping strategy: Talking about your feelings and naming your emotions can help you feel better and get the tools you need.</p> <p>Today's activity: Classroom movie, Inside Out. Popcorn provided by PBIS.</p>
 <p>Friday May 10th Wear Green</p> <p>For mental health awareness month</p>	<p>If you have a brain, you have mental health! By talking about our mental health and supporting each other, we help to remind everyone that they are never alone!</p> <p>Today's activity: Chalk the walk! Spread positivity and encouragement through sidewalk chalk art.</p>