

Get ready to get loud and
#GetReal

CMHA
Mental Health Week

**May 4-10,
2020**



Visit mentalhealthweek.ca for info and tools!

Every year, Canadians mark the first full week of May as **Mental Health Week**. Mental health is about more than mental illness. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Here at New Myrnam School we are celebrating Mental Health Week and encouraging students to showcase and promote behaviours and attitudes that foster wellbeing and create a culture of understanding and acceptance.

Monday

Mindful Monday

What is mindfulness?

Mindfulness is a practice where you use your 5 senses to engage physically and non-judgementally with the world around you. When you do a task with mindful awareness, you do it with 100% of your energy and attention.

Every day mindfulness video:

<https://www.youtube.com/watch?v=QTsUEOUaWpY&feature>

Tuesday

Chalk About Mental Health

Get outside and create beautiful sidewalk art with positive mental health messages for the community!

Please scan or take a picture of your art and send it to Mrs. Dolejsi at: dolekyla@sperd.ca

Wednesday

Hats on for Mental Health

Put on your favourite hat and let's promote positive mental health!

Send your photos to Mrs Dolejsi at: dolekyla@sperd.ca

Thursday

Thankful Thursday

Did you know practicing gratitude strengthens resiliency and helps us to be more positive?

Make a thank you card for someone in your life.

Friday

Fitness Friday

Exercise releases chemicals in our body which improves our mood and reduces stress.

For more resources please see Mrs. Dolejsi's folder:

<https://drive.google.com/open?id=1cjktTBVC-hRyRw1G6sVdEPcg4VSEj5Sw>