



MENTAL HEALTH MATTERS

MAY 14 **POSITIVE MESSAGES MAKE A DIFFERENCE**

You are strong

Offer a supportive message for someone navigating mental health challenges

You are enough

TEND TO MY EMOTIONS **MAY 21**



calm the mind by planting a seed or drawing your feelings



MAY 28

MINDFUL TUESDAY

join us for a virtual mindfulness activity led by Dr. Mabin in the parent center



WEAR GREEN FRIDAYS

FRIDAYS IN MAY

Join US!

TUESDAY'S DURING LUNCH NEAR THE STUDENT STORE

ANSWER TRIVIA QUESTIONS FOR A CHANCE TO WIN A TREAT!