



Mental Health & Wellness Moments for Educators

Use This Calendar To Enhance The Emotional Well-Being Of Students In Your Class

**You can tailor these activities to fit the needs of your students and age appropriateness.

Monday Mood	Tuesdays are for Gratitude	Wednesday Wellness	Thursday Throwback	Fridays are for Self-Care
<p>Classroom Activity</p> <p>Have students share a song that best describes their mood or a song that instantly puts them in a safe space.</p> <p>Turn songs into a playlist that you can constantly update and play during downtime, stressful times and other times when appropriate.</p>	<p>Classroom Discussion</p> <p>Have students reflect on something they feel proud of or thankful for.</p> <p>Answers could be: friends, family, coaches, after-school activities or hobbies. Encourage students to reflect on the small things they experience day-to-day that bring joy and fulfillment.</p> <p>Remind students they can also highlight challenges, disruptions and sadness.</p> <p>According to psychologist John Cacioppo, our brain can be hardwired to notice the negative to protect us from danger. It's how we survive. Sometimes it's necessary to take some extra time to highlight the positive.</p>	<p>Classroom Activity</p> <p>Do a 10-minute stretch or mindfulness activity in your class.</p> <p>Ask students about any plans they have this week to move their bodies more. Explain to students that mental health also means caring for your body and physical health.</p>	<p>Classroom Discussion</p> <p>What is something last week taught you?</p> <p>Getting through stressful, challenging weeks is cause for celebration and reflection. Mental health isn't linear. Some weeks are tougher than others, so it's essential to reflect on lessons learned.</p>	<p>Classroom Activity</p> <p>Fridays are important reminders to plan for rest, fun and attending to our mental health. Ask students to plan a self-care activity for the upcoming weekend.</p>

