

Children's

Mental

WEalth

Week 2021

8th - 14th May | Mental **WE**alth is for Everyone!

Revive. Rejuvenate.

Refresh

Morning Mindfulness



Sight

- Imagine (close your eyes and think of a place that makes you happy or calms you)



Sound

- Create a playlist of calming music or just music that can be played in the classroom, or have teachers play Simon Says.



Smell

- Breathing techniques...i.e. have students pretend they have a favorite snack, a peppermint or starburst in their hand that they can hold and smell while taking a few deep breaths.



Taste

- Students/faculty/parents take the time to enjoy their breakfast/lunch or a special treat. Emphasize being in the moment and enjoying the taste of food/snacks that day.



Touch

- Head shoulders, knees, and toes... allow a moment of time to have a stretch break, or provide a sensory board/wall for students to touch.

