

May: MENTAL HEALTH MATTERS

May is mental health awareness month. This month we are focusing on taking care of our brains and bodies. Here are some activities and discuss you can have in class to participate this important month.

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Mindful Monday:

Theme: Noticing Joy

- Start the day with a “mindful moment”: Ask students to quietly look around the room and think of three things that make them smile. They can share with a partner or draw them.
- Outdoor Belly Breathing: Go outside, lie in the grass, and practice deep belly breathing together. Encourage students to close their eyes and listen to the sounds around them.

Thoughtful Tuesday:

Theme: Expressing Emotions

- Read a story about emotions or feelings (e.g., The Color Monster or Today I Feel Silly).
- Class discussion: What are some emotions we feel during the week? What can we do when we feel big feelings?
- Play hot potato and have students share how they are feeling today.

Wellness Wednesday:

Theme: Moving For Mental Health

- Add an extra movement break to the day (e.g., GoNoodle, a dance party, or a nature walk).
- Try a kid-friendly yoga video (such as Cosmic Kids Yoga).
- Optional: Let students lead their favorite movement activity or stretch.

Thankful Thursday:

Theme: Practicing Gratitude

- Morning circle: Each student shares one thing they are grateful for—big or small. “I’m thankful for ____ because ____.”
- Create a Gratitude Tree: Students write what they’re thankful for on paper leaves and add them to a tree display.

Friendship Friday:

Theme: Celebrating Kindness

- Share stories about a time someone was a good friend to them this year.
- Read a friendship-themed book and discuss what makes a good friend.



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Morning Announcements Option 1

Good morning! This week, we're celebrating Mental Health Awareness Month by focusing on ways to take care of our hearts, minds, and friendships. Each day has a special theme to help us feel our best!

Mindful Monday:

Today is Mindful Monday! Take a moment to pause, breathe, and notice the good things around you. What do you see in your classroom that makes you smile? Later today, try lying down in the grass and doing some belly breathing—it's a great way to calm your body and your brain. Have a mindful, thoughtful, and totally awesome day!

Thoughtful Tuesday:

Today is Thoughtful Tuesday. We'll be learning how to talk about our feelings and check in with each other. Remember—it's okay to feel all kinds of emotions, and talking about them helps us feel better.

Wellness Wednesday:

Today is Wellness Wednesday, we'll take an extra movement break! Maybe a stretch break, some yoga, or even a dance party. Moving our bodies helps our brains feel happy and strong! Remember, your mental health matters every day. Taking care of yourself is just as important as learning and playing.

Thankful Thursday:

Today is Thankful Thursday, we'll think about the good things in our lives. What are you thankful for today? Gratitude is like sunshine for your heart—it helps you and the people around you feel great!

Friendship Friday:

It's Friendship Friday, we'll celebrate kindness and connection. Think about a time someone was a great friend to you—or when you were a great friend to someone else. Let's keep spreading that Friendship magic all day long!



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Morning Announcements Option 2

Good morning! This week, we're celebrating Mental Health Awareness Month by focusing on ways to take care of our hearts, minds, and friendships. Each day has a special theme to help us feel our best!

Mindful Monday:

"Good morning! It's Mindful Monday! Taking a few minutes to stop, breathe, and notice what makes us smile helps our brains slow down and feel calm. When we practice mindfulness, we're giving our minds a little rest—just like when we sleep! Try taking a deep breath, looking around your classroom, and finding something that brings you joy. A calm mind is a happy mind!"

Thoughtful Tuesday:

"Happy Thoughtful Tuesday! Today, we're focusing on our feelings. Talking about how we feel helps us understand ourselves better—and helps others know how to support us. Everyone has big feelings sometimes, and sharing them with a trusted adult or friend makes those feelings easier to manage. Remember: Your feelings matter, and it's brave to talk about them!"

Wellness Wednesday:

"Welcome to Wellness Wednesday! Did you know moving your body helps your brain feel better too? Whether it's stretching, dancing, or a walk outside, movement helps us release stress and boosts our mood. So let's get moving today and give our bodies and minds a healthy boost!"

Thankful Thursday:

"It's Thankful Thursday! Taking time to be grateful—even for little things—can help us feel more positive and connected. When we say thank you or think about something good in our life, it helps our brains focus on what's going well. Gratitude is a superpower for our mental health. What are you thankful for today?"

Friendship Friday:

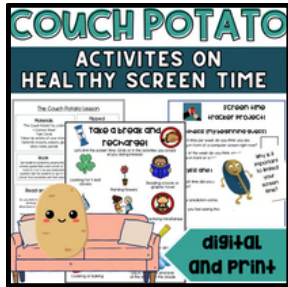
"Happy Friendship Friday! Friends make life brighter—and being a good friend helps everyone feel like they belong. When we're kind, listen, and look out for each other, we help make our school a safe and happy place. Think about how you can be a great friend today—kindness is powerful!"

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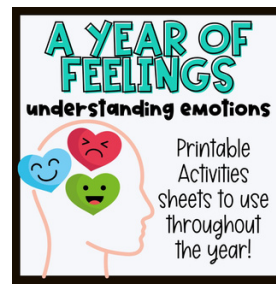
Ready To Go Resources

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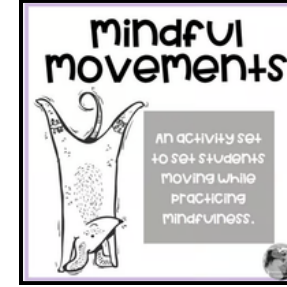
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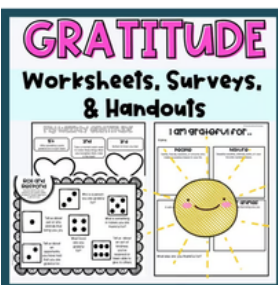
Thoughtful Tuesday:



Wellness Wednesday:



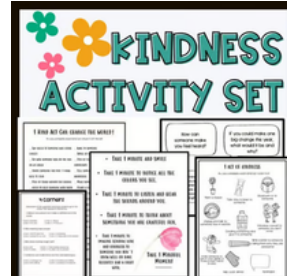
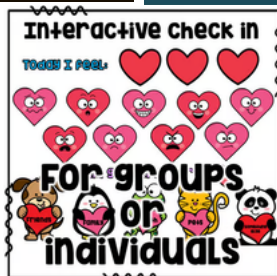
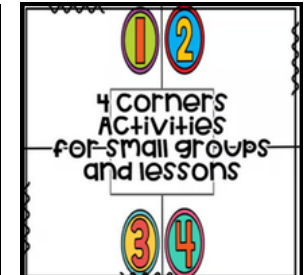
Thankful Thursday:



Friendship Friday:



Other resources:

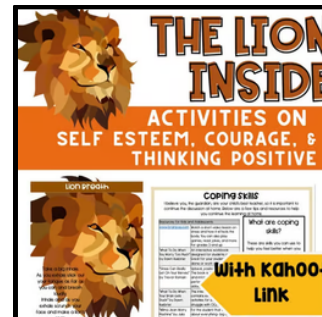
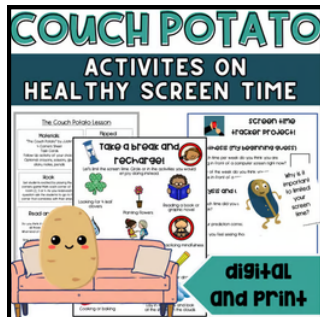
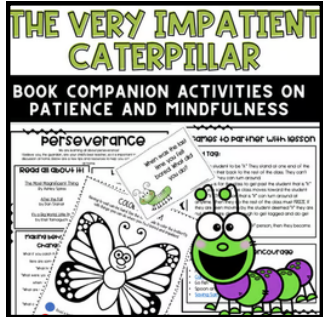


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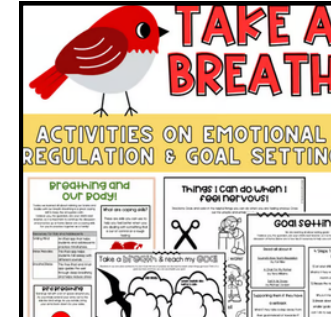
Read Alouds

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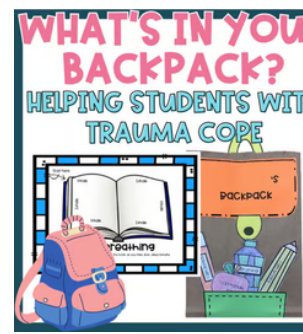
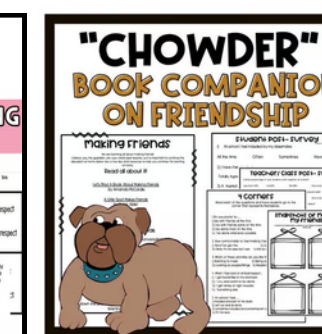
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Other resources:

[Find more books here!](#)