

Children's Mental Health Week

May 4th - 10th, 2020 #mindsmatter@kprschools

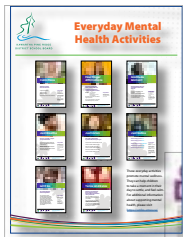
In recognition of Children's Mental Health Week we are sending some resources out to our KPR students, families and staff to encourage everyone to practice self-care and healthy coping during the coronavirus pandemic. Take good care and Be Well.

Parents are important! We need to look after ourselves so we can be there for our kids.

Parents

Children

Try some of these activities and tips for kids.



Check out these resources for teens.

Teens

Staff

Some self-care strategies and information for all staff who support our students every day.



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Try some quick activities at home with your family to take care of your mental health. Do one thing each day and see if you can get BINGO by completing 5 things in a vertical, horizontal or diagonal line. Over the month of May do your best to fill up the entire card. Have fun and challenge your friends and family to try mental health bingo to take care of their mental health and #BeWell.

mental health week

B I N G O

Stretch or practice yoga CLICK HERE!	Play a board game	Connect with a friend	Bake a yummy treat	Be kind, fill someone's bucket CLICK HERE!
Cook a meal together	Read a book	Turn up the music and dance!	Create something	Chalk the walk with a positive message
Put a positive message in your window	List things you're grateful for CLICK HERE!	free space	Be mindful, just notice CLICK HERE!	Create a comfy, cozy corner
Learn a new skill/hobby	Go for a walk/run/bike ride	Draw something that makes you happy	Sleep in	Write in a journal
Take 10 slow, deep breaths CLICK HERE!	Laugh! Tell a joke/watch a funny movie	Spend time in the sunshine	Teach someone something new	Check out Kids Help Phone CLICK HERE!

