

Mental Health Awareness Month Activities.

Music Monday: Music has been known to relieve stress. Play your favorite music today.

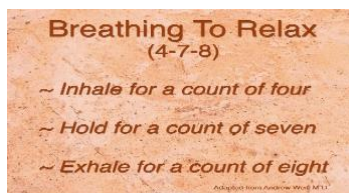
You may dress up in a T shirt of your favorite band. Any time you feel stressed out, you can play a soothing song. It will calm you down. You can also sing a song that will make you happy. Music is a source of relaxation. Enjoy your day. Play your favorite musical instrument. Put on your dancing shoes and dance after school hours at home, it will help your mental health.



Tasty Tuesday. Healthy food is good for your body. Prepare a tasty food and eat. Eat a balanced diet. Let your food include Protein, carbohydrates, dairy, fruits and vegetables.



Wellness Wednesday.



Practice deep breathing and any exercise of your choice

Thankful Thursday: Write 5 things you are grateful for. Tell someone one thing you appreciate about him. Radiate joy and **SMILE** as you go about today.

Fabulous Friday: Think of 5 good things about yourself. Write 5 positive words to describe yourself. Know that you matter and that **you are amazing**. Get plenty of sleep tonight (At least 8hours).