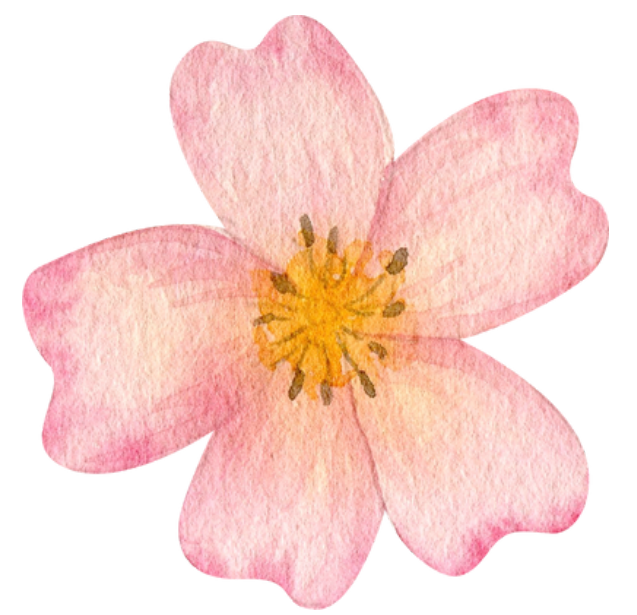




MONDAY - FRIDAY  
8AM-4PM

# May

## WELLNESS CALENDAR



# 2025

monday

tuesday

wednesday

thursday

friday

TEMA DEL MES



Mental Health Awareness

\*All activities take place during lunch unless otherwise noted. Every Wednesday, activities will take place in the quad

-----AP TESTING WEEK 1-----

5. WORD SEARCH

6. CREATING HEALTHY HABITS

DAILY PLANNER

Wellness Wednesday

7. WELLNESS CHALLENGE

1. MANDALA COLORING

THRIVES VCWC

2. THE NEST 4TH ANNUAL MENTAL HEALTH FAIR FRIDAY May 2nd 11:30am - 12:22pm

9. GAME DAY

-----AP TESTING WEEK 2-----

12. MINDFUL MONDAY

13. ROCK PAINTING

VCWC

Wellness Wednesday

14. CHALK TALK

LEAP

15. RAINBOW SCRATCH

THRIVES VCWC

16. VOCE MEETING 8:30AM - 12PM

THE NEST CLOSED 8:30AM - 12PM\*

19. NEST LEADER BONDING FIELD TRIP

TRIP DAY

THE NEST CLOSED 11:30AM - 3:30PM\*

20. CHP RIDE TASK FORCE PAC PRESENTATION PER.2 11-11:48AM

PAINTING SUNCATCHERS

VCWC

21. A SUMMER TO REMEMBER

BUCKET LIST

LEAP

22. WELLNESS STAFF MEETING

KINDNESS BINGO

THRIVES VCWC

23. GAME DAY

26. NO SCHOOL

See you tomorrow

27. SELF-ESPRESSON THOUGH ART

28. SENIOR FINALS

INSIDE OUT

INSIDE OUT TEACHES STUDENTS TO REDUCE SHAME OR STIGMA AROUND EXPRESSING DIFFICULT EMOTIONS, ENCOURAGING HEALTHIER SELF-EXPRESSION.



NEST LEADER MEETING AM

29. SENIOR FINALS

30. SENIOR RALLY GAME DAY