

# May Mental Health Awareness 2023

## Morning Announcements K-5

**Did you know** that it is important to have fun every day. Going outside to play is one of the best ways to feel happy and have fun. Running around and spending time with friends at recess time is part of a healthy school day.

**Each one of us has things that we can do well.** These are called your strengths and they can be used to help others in your home, school, and community. Take a moment and think about how you can help others. Maybe there is a way you can help one of your classmates or teachers at school today?

**Welcome friends!** Let's start our day by being friendly, smile and greet someone first thing in the morning.

**Did you know** that when you're feeling upset and stressed, your body can feel restless. To help you feel more relaxed and rested, try doing something active like jumping jacks, marching in place, running, dancing, or playing a sport. What activities are you going to try today?

**Did you know** that playing outside, playing a sport, or doing yoga exercise can help you feel better when you're feeling stressed. What activities make you feel better?

**Did you know** that when you're feeling stressed, worried, or upset, it can help to talk about it with a parent, teacher, counselor, or a friend. There are lots of people who care about you.

**Did you know** that Yoga is an exercise that gets you to stretch your body, slow down your breathing, and relax your mind. That's how yoga can help you feel better especially if you're feeling stress. Other activities like playing outside or playing sports can help you feel better, too. What are activities are you going to try?

**How many feelings can you name?** Happy, sad, scared, worried, upset, grateful, friendly. There are so many, and it helps to put your feelings into words and talk to people who care about you like your teachers, family, and friend. It can help you feel better when you're sad or worried.

**Did you know** that you don't have to wait for a big problem to talk about your feelings. You can talk about your feelings at any time. It's a good thing to practice with the people who care about you.

**Did you know** that a parent, teacher, or a friend can be a good person to talk to. It's easier than you think. You can start by going up to them and say, "Can we talk for a minute?" Then you can say how you feel and why you're feeling this way. Remember, talking with someone helps a person to start feeling better.

**Good morning, students!** Do you ever get stressed out and worried? If you do, you can try some of these tips throughout the day! Try talking about your feelings, playing outside, trying a new exercise, listening to music, and getting a good sleep at night. What are some of things you do to make you feel better?

**Did you know** that Stress is what you feel when you're worried or uncomfortable about something. Take care of yourself by getting enough sleep, eating healthy food, exercising, and making time for fun stuff. These are all ways to help you feel better. What are you going to try today?