



Mental Health Awareness Month

May 2020

Students: 31 ways in 31 days to practice taking breaks

SAUSD Cares!

SUN	MON	TUE	WED	THU	FRI	SAT
 WE CARE					1 Write, draw or talk about 3 fun things you did today 	2 Do your favorite exercise for 20 minutes
3 Talk to someone about how you are feeling	4 Be present and live in the moment	5 Create an activity diary and schedule fun things to do	6 Take slow, deep breaths 	7 Try yoga Cosmic Kids Yoga, Go Noodle or any yoga 	8 Ask for help with something that is a struggle 	9 Make sure you get enough sleep and rest
10 Take a bubble bath 	11 Unplug! Take a break from social media and devices 	12 Surround yourself with people who make you happy 	13 Face Time or Videocall a family member or friend 	14 Write, draw, or talk about 3 things you are thankful for today 	15 Listen to or sing your favorite song 	16 Have a picnic indoors or outside
17 Read your favorite book 	18 Cuddle with your pet or hug a stuffed animal	19 Sit outside and enjoy nature around you 	20 Laugh! Watch funny videos or have someone tell you a joke	21 Treat yourself to your favorite snack or dessert 	22 Be silly - take a silly selfie or snap your favorite filter 	23 Have a dance party - dance like nobody is watching
24 Spend the day in your PJs and watch movies 	25 Do something kind for someone 	26 Cook, bake, or help to make something to eat 	27 Ask for or give someone a hug 	28 Color, paint, or draw a masterpiece 	29 Go on a walk or sit in your backyard - watch the clouds 	30 Play a game with your family
31 Find what works for you and repeat	<p>Don't give up! We believe in you all. A person's a person, no matter how small. - Dr. Seuss</p>					<p>Crisis numbers: Text "hello" to 741741 National Suicide Prevention 1-800-273-8255</p>