

# Wellness Wednesday

from your FVSD school counselors...



There are many options for promoting Mental Health Matters Month, all of which can be done from home or online while practicing physical distancing. We have provided some fun ways to celebrate or you can choose from the online activities [here](#).

## Week One (May 1-9) -- 'Express Your Support'

Let's paint the town green! Using lime green chalk, create art on the driveway or sidewalk in front of your home to show your support for mental health awareness. Write uplifting messages for your neighbors walking by.

## Week Two (May 10-16) -- 'Express Your Well-being'

Plant care is self-care This May we invite you to spend some time gardening as a self-care activity, whether it is planting new seeds or caring for the plants in our home. Planting seeds and caring for them as they grow can support our mental well-being by encouraging us to practice acceptance and be present, and it can be a productive coping mechanism for dealing with stress, anxiety and depression. Learn more at [EachMindMatters.org/seeds](http://EachMindMatters.org/seeds).

## Color for calmness

Use art as a form of therapy by taking the time to color these pages with positive messages. Download and print the coloring page files [here](#). Use any available art supplies (crayons, coloring pencils, markers, etc.) and invite both kids and adults to participate.

## Take a deep breath

We believe Each Mind Matters, especially yours! Take some time this week to try new meditation exercises and find a routine that works for you. A couple of no-cost options are the apps Insight Timer and Sanvello (free for students).

The Meaningful May Calendar has daily actions for May 2020 to help you and your family respond to this global crisis with a sense of purpose and meaning. [Action for Happiness](#)

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND