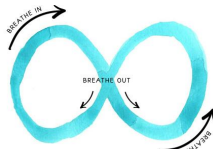






# "Let's Talk"

## Mental Health Awareness Week

May 9th - 13th, 2022

Join Hermosa View @ Vista in recognizing May as Mental Health Awareness Month, by celebrating mental health awareness through spirit days.  
We are asking parents to please help your child participate in the daily activities!

Mindful Monday	Stress Less Tuesday	Workout Wednesday	Thoughtful Thursday	Feel Good Friday
 <p><b>Be kind to your mind. Practice mindful breathing throughout the day!</b></p> <p>In-Class activity: "Let's Talk: Circles of Support"</p> <p>Lunch Activity: Circle of support Scavenger Hunt around the playground</p>	 <p><b>Wear colors that make you feel calm</b></p> <p>In-Class Activity: "Let's Talk: Worry &amp; Stress"</p> <p>Lunch Activity: Coloring Mandalas at the picnic tables</p>	 <p><b>Get your steps in and walk to school today!</b></p> <p>In-Class Activity: "Let's Talk: Coping Skills"</p> <p>Lunch Activity: Make your own Stress Ball!</p>	 <p><b>Wear your silliest thinking cap (hat)</b></p> <p>In-Class Activity: "Let's Talk: Positive Thinking"</p> <p>Lunch Activity: Chalk Walk- Cover the blacktop with positivity!</p>	 <p><b>Wear Green and help us celebrate the week :)</b></p> <p>In-Class Activity: "Let's Talk: Healthy Self-Talk"</p> <p>Lunch Activity: Join us for a Dance and bubble party to celebrate the week!</p>