

















Celebrating Mental Health Awareness Month in the Merrimack School District

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Start a rest routine. Sleep is important for mental health!</p> 	<p>2</p> <p>Start a 30 Day Meditation Challenge!</p> 	<p>3</p> <p>18% of US adults have a Mental Health Illnesses</p> 	<p>4</p> <p>Wear lime green - the official color for mental health awareness!</p> 	<p>5</p> <p>Read Back to Basics and ask yourself - or someone you think <i>needs</i> to be asked, the questions from the reading.</p>	<p>6</p> <p>Movie Night! Check out the Common Sense Media List</p> 	<p>7</p> <p>Listen to the 603 Stories Podcast</p> 
<p>8</p> <p>Mother's Day! 55 Incredible Mother's Day Activities the Whole Family Can Do Together</p>	<p>9</p> <p>Participate in A Week to Change Direction 2022</p> 	<p>10</p> <p>John T. Broderick, Jr. Understanding the Youth Mental Health Crisis and How to Help our Children</p>	<p>11</p> <p>Watch: It Takes a Village to Raise a Child TED Talk</p> 	<p>12</p> <p>Why does Mental Health matter to you? Spend a few moments thinking about this.</p>	<p>13</p> <p>Movie Night! Check out the Common Sense Media List</p> 	<p>14</p> <p>Visit Seize the Awkward</p>
<p>15</p> <p>Before sleep, before the Monday returns, say a Bedtime Affirmation</p> 	<p>16</p> <p>Write a letter to someone letting them know how much they mean to you.</p>	<p>17</p> <p>Read aloud</p> 	<p>18</p> <p>Check up on your mental health using this self-assessment</p>	<p>19</p> <p>Take the #Fitness4Mind4Body Challenge</p>	<p>20</p> <p>Movie Night! Check out the Common Sense Media List</p> 	<p>21</p> <p>It Takes a Village Event 10am - 1pm Camp Sargent/YMCA</p>
<p>22</p> <p>Try a Mindful Breathing activity</p> 	<p>23</p> <p>Read this to learn about a new number you can call for Mental Health Support</p>	<p>24</p> <p>Read, How I learned to parent my ADHD child</p> 	<p>25</p> <p>Name 3 things you are grateful for & encourage someone else to do the same!</p>	<p>26</p> <p>Read aloud</p> 	<p>27</p> <p>Movie Night! Check out the Common Sense Media List</p> 	<p>28</p> <p>Celebrate your family and engage in one of these 6 Mindful Activities You Can Do as a Family</p>
<p>29</p> <p>Try a 20 Minute Mediation before bed</p> 	<p>30</p> <p>Memorial Day Visit the Mindful Memorial Foundation and learn how you can honor our fallen</p>	<p>31</p> <p>Check in with yourself: What did you discover about mental health and mindfulness this month?</p>	<h1 style="font-family: cursive;">May 2022</h1>			

May 1: Start a rest routine. Sleep is important for mental health!

May 2: Start a 30 Day Meditation Challenge! <https://declutterthemind.com/30-day-meditation-challenge/>

May 3: 18% of US adults have a Mental Health Illnesses <https://www.mhanational.org/mentalhealthfacts>

May 4: Wear lime green - the official color for mental health awareness!

May 5: Read Back to Basics and ask yourself - or someone you think needs to be asked, the questions from the reading . [https://mhanational.org/sites/default/files/MHM 2022 - Back to Basics Drop-In Article.pdf](https://mhanational.org/sites/default/files/MHM%2022%20-%20Back%20to%20Basics%20Drop-In%20Article.pdf)

May 6: Movie Night! Check out the Common Sense Media List <https://tinyurl.com/CommonSenseMediaList>

May 7: Listen to the 603 Stories Podcast <https://www.603stories.org/603-stories-podcast/>

May 8: Mother's Day! 55 Incredible Mother's Day Activities the Whole Family Can Do Together <https://www.goodhousekeeping.com/holidays/mothers-day/g4283/mothers-day-activities/>

May 9: Participate in A Week to Change Direction 2022 <https://giveanhour.org/aweektochangedirection/#form>

May 10: John T. Broderick, Jr. Understanding the Youth Mental Health Crisis and How to Help our Children https://drive.google.com/file/d/1t56cgtTc11a0JNM5tqD2xrC_UfTOd4Rr/view

May 11: It Takes a Village to Raise a Child TED Talk <https://thewriteofyourlife.org/it-takes-a-village-to-raise-a-child/>

May 12: Why does Mental Health matter to you? Spend a few moments thinking about this.

May 13: Movie Night! Check out the Common Sense Media List <https://tinyurl.com/CommonSenseMediaList>

May 14: Visit Seize the Awkward <https://seizetheawkward.org/>

May 15: Before sleep, before the Monday returns, say a Bedtime Affirmation <https://rockitmama.com/bedtime-affirmations-for-kids/>

May 16: Write a letter to someone letting them know how much they mean to you.

May 17: Read Aloud <https://www.youtube.com/watch?v=0o1f0fY5RWc&list=PLxf85IzktYWIIKno7USt8THWCAkVCJRmi&index=33>

May 18: Check up on your mental health using [this self-assessment https://screening.mhanational.org/screening-tools/](https://screening.mhanational.org/screening-tools/)

May 19: Take the #Fitness4Mind4Body Challenge <https://mhanational.org/fitness-4mind4body-exercise>

May 20: Movie Night! Check out the Common Sense Media List <https://tinyurl.com/CommonSenseMediaList>

May 21: It Takes a Village Event Flyer <https://tinyurl.com/521ItTakesAVillageFlyer>

May 22: Mindful Breathing Link <https://www.oercommons.org/courseware/lesson/60663/overview?section=1>

May 23: Read this to learn about a new number you can call for Mental Health Support [https://mhanational.org/sites/default/files/MHM 2022 - 988 Drop-In Article.pdf](https://mhanational.org/sites/default/files/MHM%2022%20-%20988%20Drop-In%20Article.pdf)

May 24: Read, How I learned to parent my ADHD child <https://www.fuzzymama.com/how-to-parent-adhd-child/>

May 25: Name 3 things you are grateful for & encourage someone else to do the same

May 26: Read Aloud <https://www.youtube.com/watch?v=0o1f0fY5RWc&list=PLxf85IzktYWIIKno7USt8THWCAkVCJRmi&index=33>

May 27: Movie Night! Check out the Common Sense Media List <https://tinyurl.com/CommonSenseMediaList>

May 28: Read Aloud <https://www.youtube.com/watch?v=0o1f0fY5RWc&list=PLxf85IzktYWIIKno7USt8THWCAkVCJRmi&index=33>

May 29: 20 Minute Bedtime Meditation <https://www.mindful.org/a-mindfulness-practice-for-better-sleep/>

May 30: Mindful Memorial Foundation <https://www.mindfulmemorialfoundation.org/>

May 31: Check in with yourself: What did you discover about mental health and mindfulness this month?

Calendar developed exclusively for the Merrimack School District Families, by

