
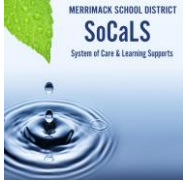












"It is only natural that we and our children find many things that are hard to talk about. But anything human is mentionable and anything mentionable is manageable. The mentioning can be difficult, and the managing too, but both can be done if we are surrounded by love and trust."

~Fred Rogers

MAY 2021: Celebrating Social Emotional and Mental Health in the MSD!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 	3 	4 Mental Health Conversation with Chief Justice John Broderick 6:30pm Zoom: us02web.zoom.us/j/85782896707	5 Name 3 things you are grateful for & encourage someone else to do the same! 	6 Start the conversation: <i>What do you know & what do you want to learn about mental health & wellness?</i> 	7 Wear GREEN today to celebrate Mental Health awareness! <i>National Children's Mental Health Awareness Day</i>	8 <i>"When it rains look for rainbows, when it's dark look for stars"- Oscar Wilde</i>
9 	10 Click here to participate in A Week to Change Direction 2021	11  Read aloud	12 Webinar Collective Impact: Collaborating to Improve Mental Health 3:00pm	13 Webinar The Importance of Mental Health and Wellbeing for a Professional Athlete 3:00pm	14 Movie Night! Pick a movie from the below list & have a discussion 	15 <i>"Believe you can and you're halfway there"- Theodore Roosevelt</i>
16 <i>"A day without laughter is a day wasted" – Charlie Chaplin</i>	17 Write a letter to someone letting them know how much they mean to you. 	18  Read aloud	19 Listen to the 603 Stories Podcast 	20 Zoom: Gizmo's Pawsome Guide to Mental Health Storytime 6:30pm 	21 Movie Night! Pick a movie from the list below & have a discussion 	22 Scavenger Hunt for Outdoors Scroll Down! 
23 Register for Thursday's event here	24 Do something creative today! <i>Paint, Journal, dance, sing...</i> 	25  Read aloud	26 Visit Seize the Awkward to learn more about having conversations about mental health & hear stories from celebrities & influencers.	27 Zoom: Talk Saves Lives: A Brief Introduction to Suicide Prevention 6:30pm	28 Movie Night! Pick a movie from the list below & have a discussion 	29 Try something new today! <i>Reflect: How did you feel before & after?</i>
30 <i>"Always believe that something wonderful is about to happen"</i>	31 Create your own mantra for positive self-talk. <i>"I am...."</i>	What is SEL? 				



Inside Out **PG**
Finding Nemo **G**
Up **PG**
Coco **PG**
Remember the Titans **PG**
It's Kind of a Funny Story **PG-13**
A Beautiful Mind **PG-13**
Love & Mercy **PG-13**
Won't You Be My Neighbor? **PG-13**
The Perks of Being a Wallflower **PG-13**

Scavenger Hunt for Outdoors



Smooth rock	Wild flower
Animal tracks	Insect
Moss	Tree bark
Mud	Clover
Feather	Twig
Mud or Puddle	Acorn
Street Sign	Fire hydrant
Bird	Leaf

Join us for a special story-time read along of:



Date: Thursday, May 20

Time: 6:30pm (Virtual Program)

For: Youth ages 5-11 and their Trusted Adults

Registration Required: gizmo052021.attendase.com/

Gizmo's Pawesome Guide to Mental Health Guide (Copyright © 2017 All rights youth. Gizmo's friendly messaging includes:

- 1) Introducing the concept of mental health;
- 2) Sharing how one may care for their own mental health daily;
- 3) Identifying when one's mental health needs attention and how to use healthy coping strategies;
- 4) Defining trusted adults and how to connect with them; and
- 5) Making a personalized mental health plan that can be used daily.

**This program is brought to you in partnership with Merrimack School District and the NH Chapter of the American Foundation for Suicide Prevention.*

Questions? Please contact AFSP Area Director, Shamera Simpson at ssimpson@afsp.org.



**American
Foundation
for Suicide
Prevention**

New Hampshire



A Brief Introduction to Suicide Prevention

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide.

Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe.

Date

May 27, 2021

Time

6:30pm to 7:30pm

Location

Virtual Program

Pre-Register to Access Zoom Link

merrimacktsl.attendase.com

Contact

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www.afsp.org/newhampshire

Brought to you in partnership with
the Merrimack NH School District



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