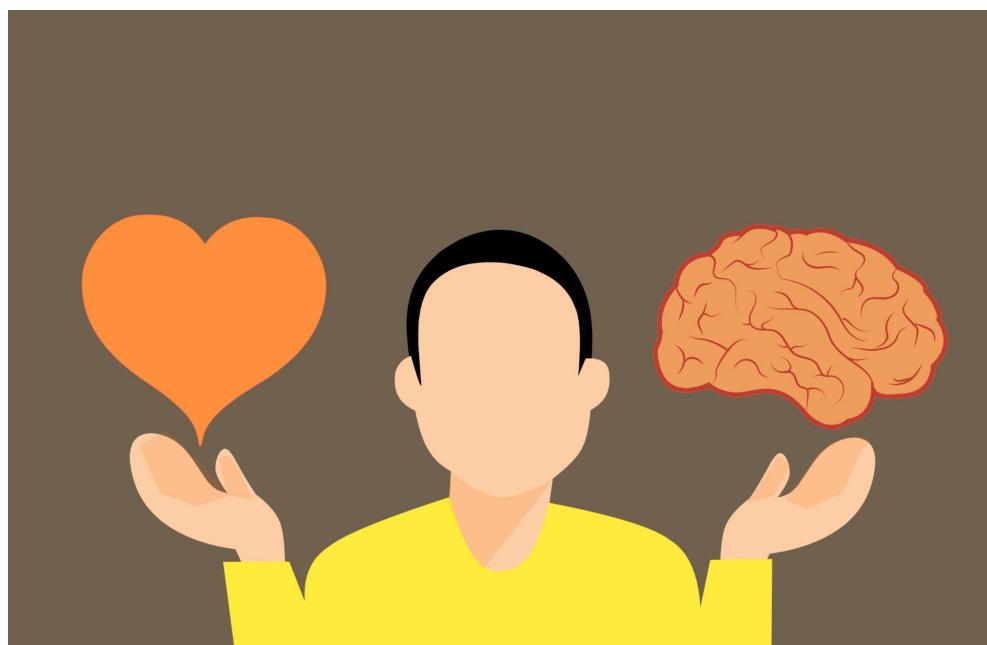


## National Children's Mental Health Awareness Week

May 2nd through May 8th

What does this mean? It is an ENTIRE week dedicated to educating people (big and small) about children's well being, advocating to improve services, and celebrating how far we have come. We will be raising awareness by sharing many fun strategies and activities within the classroom.

You can reinforce these conversations by talking and modeling to your children healthy habits ( strong bodies help create a strong mind), exercising or dancing (movement helps change our brains), or even setting up a new sleep routine to help them get more hours of rest in! Some other ideas you may want to try but are NOT limited to are yoga, mindfulness (see Scavenger Hunt Walk below), reading aloud stories with positive messages, etc.



Together we will promote well- being for our children!!

Thanks for being so supportive!





















Denise Brewer  
Knollwood School Counselor



# LET'S TAKE A WALK!



## SCAVENGER HUNT

- |                          |   |              |                          |  |                |
|--------------------------|---|--------------|--------------------------|--|----------------|
| <input type="checkbox"/> |    | MAILBOX      | <input type="checkbox"/> |    | PAW PRINT      |
| <input type="checkbox"/> |    | YELLOW HOUSE | <input type="checkbox"/> |    | SKATEBOARD     |
| <input type="checkbox"/> |    | ROSES        | <input type="checkbox"/> |    | SINGING BIRD   |
| <input type="checkbox"/> |   | DOG          | <input type="checkbox"/> |   | A FAMILY       |
| <input type="checkbox"/> |  | STROLLER     | <input type="checkbox"/> |  | BLUE CAR       |
| <input type="checkbox"/> |  | FENCE        | <input type="checkbox"/> |  | A FLAG         |
| <input type="checkbox"/> |  | TALLEST TREE | <input type="checkbox"/> |  | SPRINKLERS     |
| <input type="checkbox"/> |  | A RED DOOR   | <input type="checkbox"/> |  | BICYCLE        |
| <input type="checkbox"/> |  | CLOUDS       | <input type="checkbox"/> |  | A PACKAGE      |
| <input type="checkbox"/> |  | MOTORCYCLE   | <input type="checkbox"/> |  | DELIVERY TRUCK |