










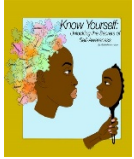



















Mental Health Month Wellness Activity

Teens (grades 6-12)

<p>Turn off social media for 4 hours</p> 	<p>Make your bed first thing in the morning</p> 	<p>Be "Proud" of something you accomplished</p> 	<p>Take a moment for yourself</p> 	<p>Read a book</p> 	<p>Take a walk, smell a flower</p> 
<p>Facetime with someone to reach out</p> 	<p>Make dinner!</p> 	<p>Take a bike ride</p> 	<p>Go swimming</p> 	<p>Sing out loud</p> 	<p>Take a moment to recognize yourself</p> 
<p>Decide today will be a great day!</p> 	<p>Tell yourself, "You can do it!"</p> 	<p>Watch a sunset</p> 	<p>Write a letter to someone</p> 	<p>Help someone else out</p> 	<p>Go to the park and swing</p> 
<p>Remember that you have a purpose</p> 	<p>Be kind to someone</p> 	<p>Set a goal and take the first step</p> 	<p>Practice forgiveness for yourself and others</p> 	<p>Say, "Good Morning" to someone</p> 	<p>Start your day with a smile</p> 
<p>Love yourself</p> 	<p>Find a heart shaped rock</p> 	<p>Be patient with someone</p> 	<p>Make a wish</p> 	<p>Laugh joyfully</p> 	<p>Ask for help when needed</p> 