

## Lutz K-8

# MENTAL HEALTH AWARENESS -SPIRIT WEEK

May 10<sup>th</sup> through May 14<sup>th</sup>

**Message Monday**- Students and staff will write their own kindhearted message on a label sticker with a sharpie marker. We will all wear these caring sticker messages on our shirts on Monday. Each class will be provided with the white label stickers. Let us know if you need a sharpie in your classroom. Tune in each morning for some mental health information to bring peace and calmness back into your life.



**Team up Tuesday: Together we are Mentally Healthy-** Students and staff will wear a favorite “team sport” t-shirt, jersey, or other attire to team up and help reduce shame that sometimes is associated with mental health. Lutz Leopards will show they are united to bring awareness to Mental Health. We will show a very short special video on the morning show with some very special guests all about some coping strategies when you are upset or stressed out.



**Wellness Wednesday-** On the Morning show we will have students discuss what Mindfulness means and share a variety of activities to promote positive and healthy coping strategies. We will end the morning show with a calming song. We will send a link to teachers with a mindfulness meditation that can be used after testing- or before.



**Tie-dye Thursday-** Students and staff should wear a variety of colors or Tie-Dye to show the wide range of emotions that students can experience and express in healthy ways. We will bring a fun poster of feelings to have a special student share on the morning show and list them aloud. They will share with everyone how our feelings can be a range and they can sometimes overlap and mix sometimes- just like tie-dye.



**Fabulous Friday-** Students and staff wear something green in honor of Mental Health Awareness. We will summarize the information about the calming strategies on the morning show. Mental Health is not just for this week, we need to keep this going. We will give you flyers to send home to ask for donations so that each classroom can build your own calm-down corner.

