



28 Days of Mental Wellness

PURPOSE

- Practice Good Mental Health
- Spread awareness about how to care for your mental health
- Promote positivity

OBJECTIVE

- To try to involve students in the building to practice the 28 days of mental wellness

INSTRUCTIONS

Materials

- Calendar printouts

Assembly

1. Print the calendars (English and Spanish available)
2. Make a morning announcement in your building to let students know about the challenge

Application

- Allow anyone in your building to take the 28 Days of Mental Wellness Challenge! Encourage your school to practice daily activities that support mental well-being.
- Wait until May and join the nationwide Positivity Pledge campaign for Mental Health Awareness Month.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:





Erika's Lighthouse

Post on social media about the importance of good mental health.

Learn about the connection between nutrition and mental health. Share it.

Make a healthy snack to boost your mental health.

Spread the love by sending out a healthy snack to those in need.

Find a relaxing activity and focus on me-time.

Prepare a healthy meal for your family/friends.

Find a healthy stress reliever.

Share your progress!

Identify your trusted friends, family, adults.

Make a list of who/what you are grateful for...

Tell someone that you are grateful for them

Make a list of traits you love about yourself.

Talk with someone that you have not talked to recently

Make a list of the traits you love about someone else.

Remind folks about your 28 Days of Mental Wellness.

Learn about the connection between exercise and mental health. Share it.

Exercise! Do some workouts on your own.

Play a physically active game.

Stretch! Make sure to take care of your body and stretch out your muscles.

Exercise! Do some workouts on your own.

Go for a walk or a hike.

Send out positive messages.

Learn about other's mental health.

Find a relaxing activity.

Perform kindness.

Find some self-reflection.

Reach out to someone in need.

Meditate and chill.

For more information about mental health, check out www.ErikasLighthouse.org



Publica algo sobre la salud mental en las redes sociales	Aprende sobre la conexión entre la nutrición y la salud mental. Compartelo!	Haz una merienda saludable para mejorar tu salud mental	Difunde el amor enviando una merienda saludable a alguien que lo necesite	Encuentra una actividad relajante y concéntrate en practicarla en tu tiempo personal	Prepara una comida saludable para tu familia o amigos	Encuentra una manera saludable para manejar el estrés
Comparte tu progreso!	Identifica a tus amigos, adultos y familiares de confianza	Haz una lista de por quien o de lo que estas agradecido/a	Demuéstrale a alguien tu agradecimiento	Haz una lista de los rasgos o características que te gustan de ti mismo	Conéctate con alguien, haz un nuevo amigo/a	Haz una lista de los rasgos o características que te gustan de otra persona
Recuérdale a alguien sobre los 28 días de buena salud mental	Aprende sobre la conexión entre el ejercicio y la salud mental. Compartelo con alguien mas	Haz ejercicio!	Mantente activo, y haz el bien a los demás	Haz ejercicio!	Diviértete jugando un juego	Haz ejercicio!
Envía mensajes positivos	Infórmate sobre la salud mental de los demás	Encuentra una actividad relajante	Se amable con alguien	Reflexiona sobre ti mismo	Comunícate con alguien que te necesite	Medita y relájate