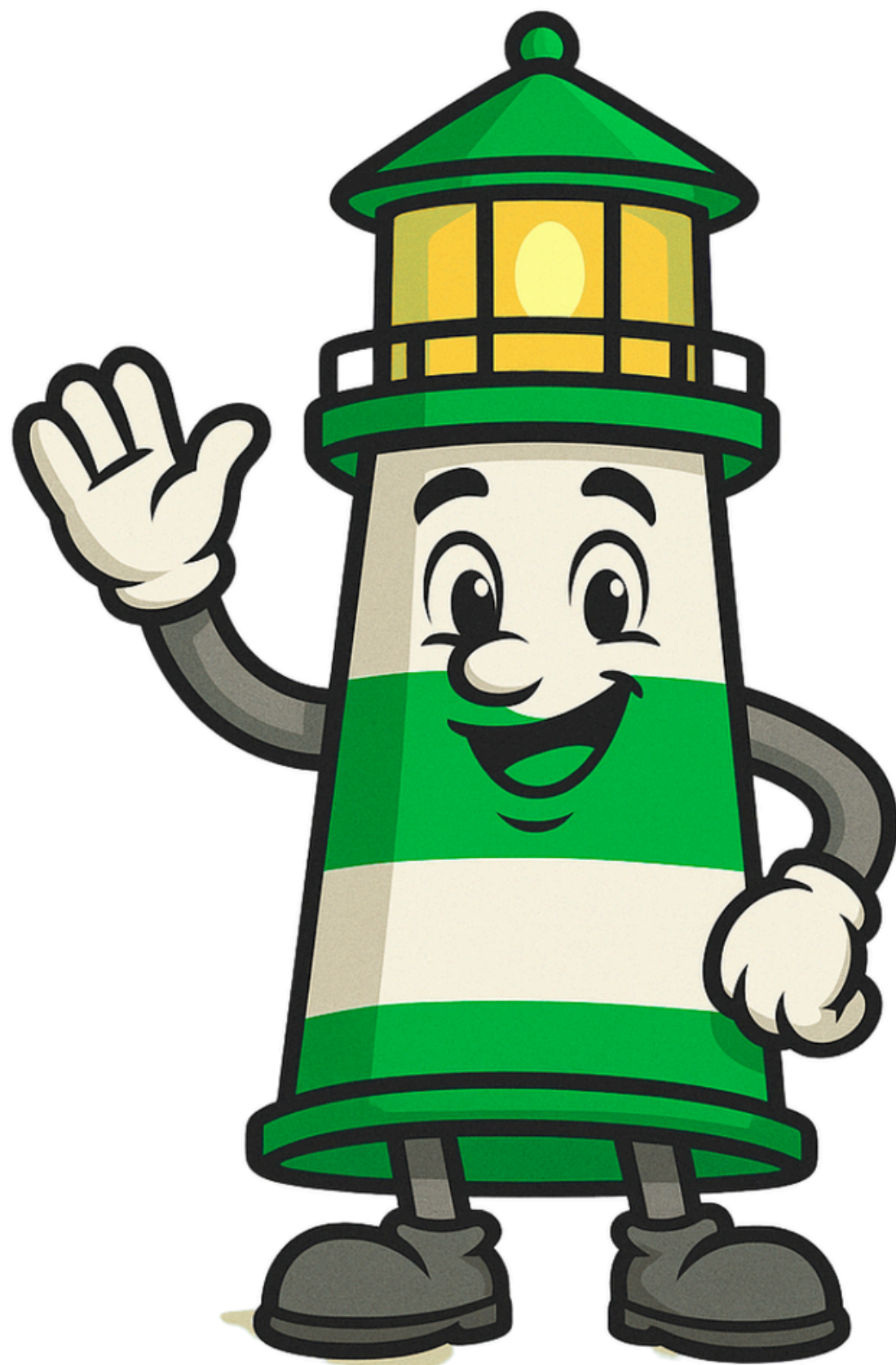


May is
Mental Health
Awareness Month



Hi I'm SCIPA Ray!

Here are some fun ways to
take care of your mental health -
this month... and every month!



SCPA Ray thinks these 8 activities are fun to try for Mental Health Awareness Month

 1. Think of 3 Things that made you smile today. 



2. Share how your day went with an adult
your feelings matter.

 3. Get Creative

Draw, color, write, build somethin or listen to music. Express yourself your way!



4. Move Your Body

Dance, stretch, play outside, or take a walk—movement changes mood!



5. Take Calm Breaths

Breathe in like you're smelling a flower 

Breathe out like you're blowing out a candle. 



6. Be Kind

Do something kind for someone—or say something kind to yourself.



7. Get Some Fresh Air

Go outside, even for a few minutes—it can help you feel happier.

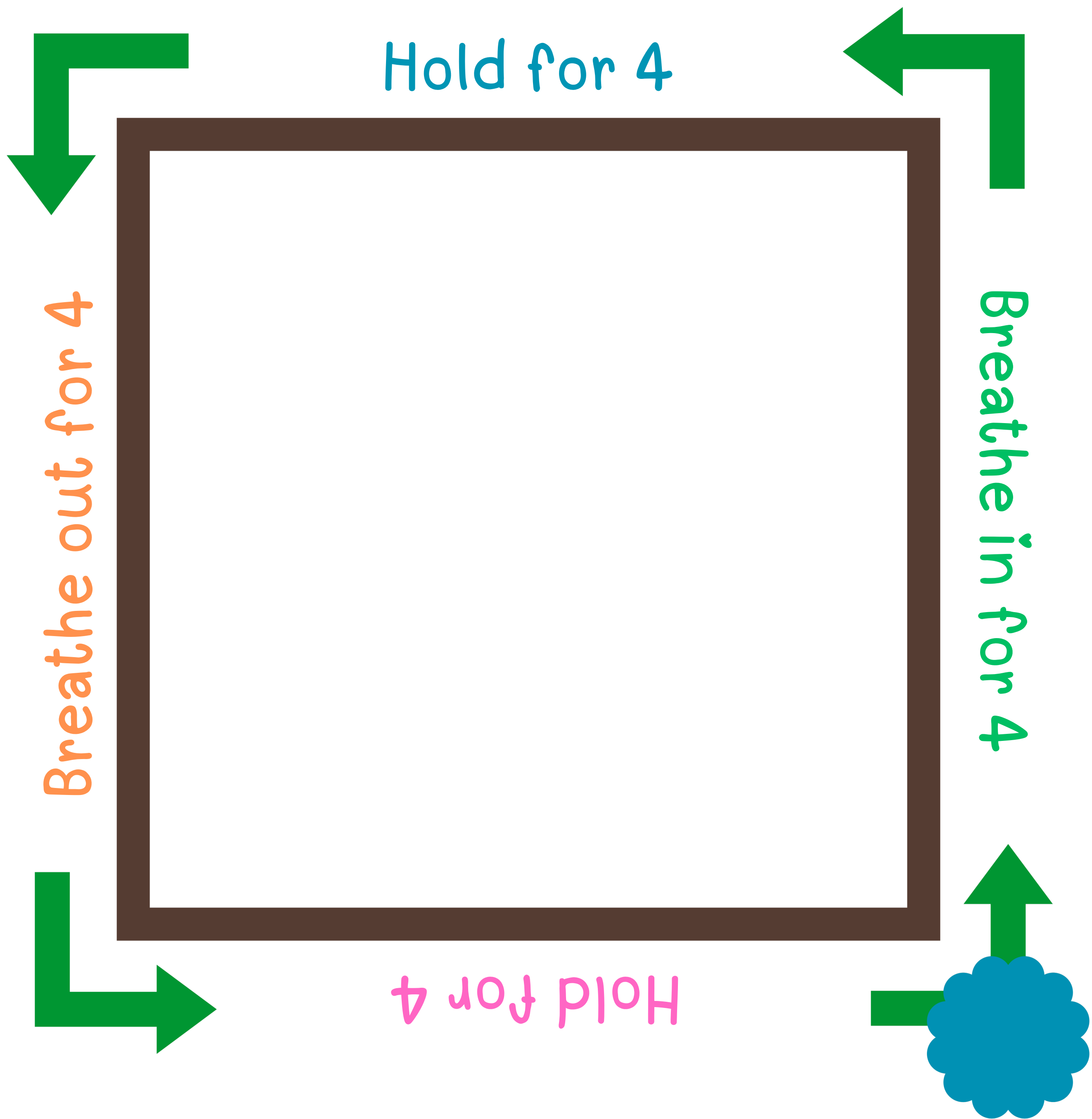
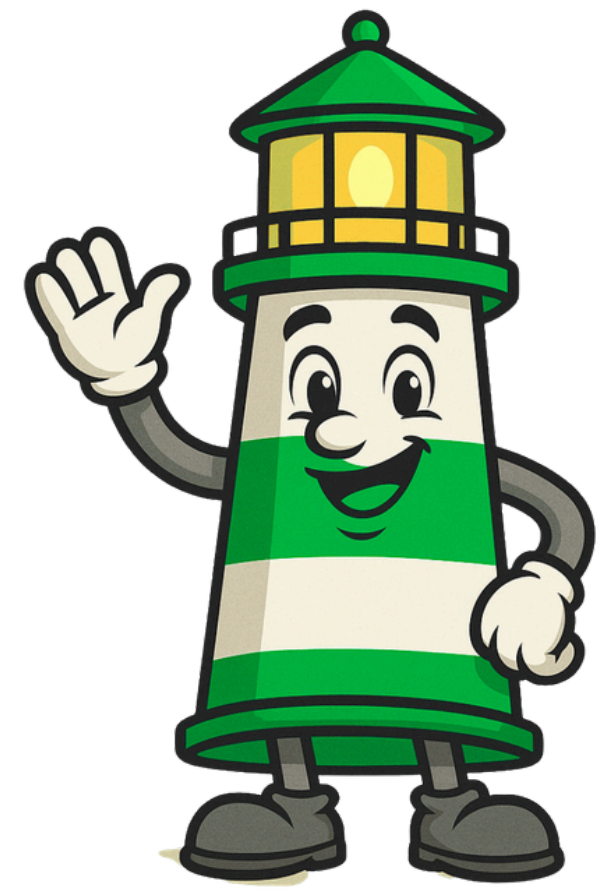


8. Celebrate Small Wins

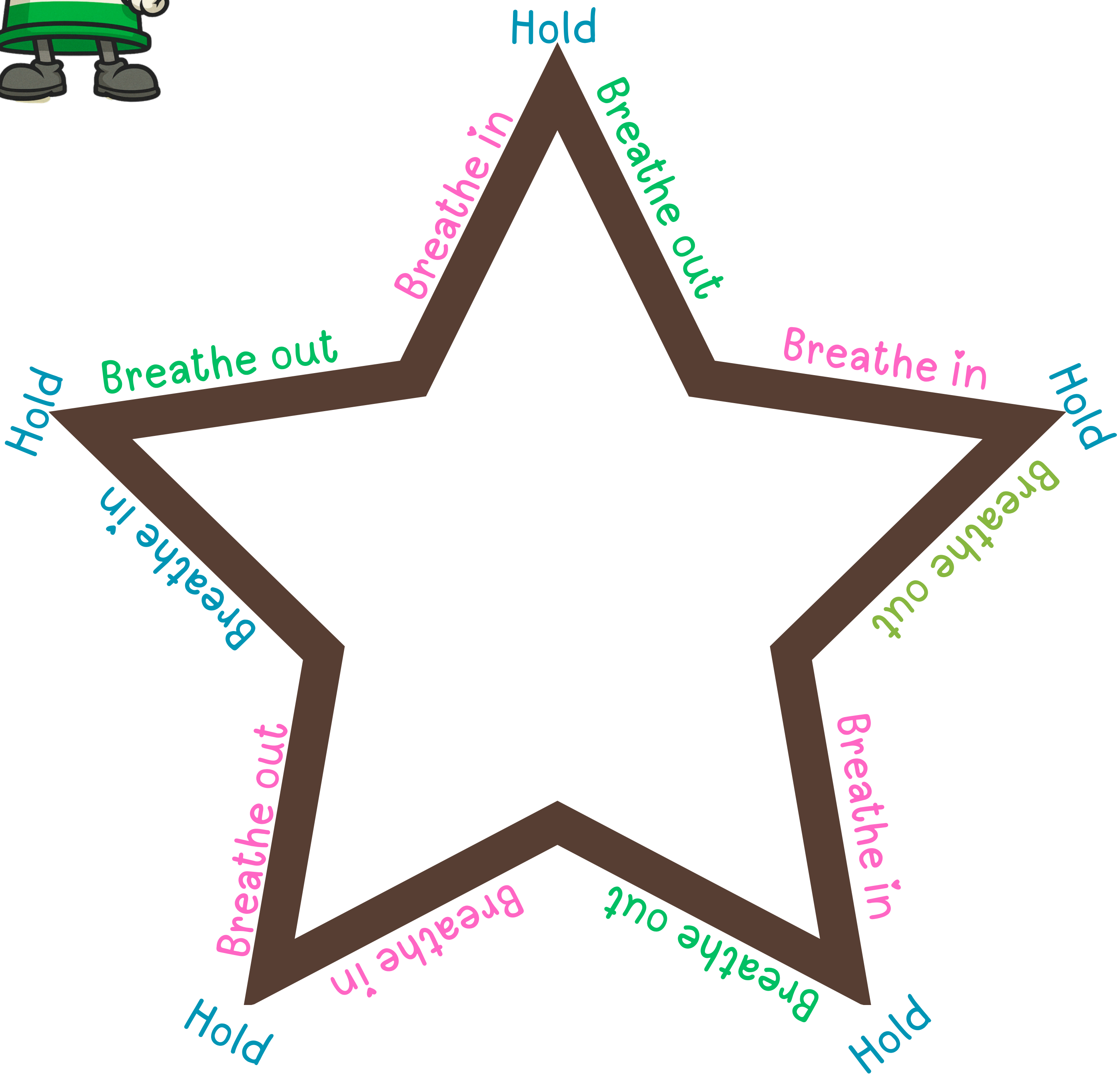
Did you try hard? Keep going? That's a win—be proud of yourself!

TRY SOME EXERCISES ON THE FOLLOWING PAGES!

Square Breathing



SCPA Ray says - try Star Breathing



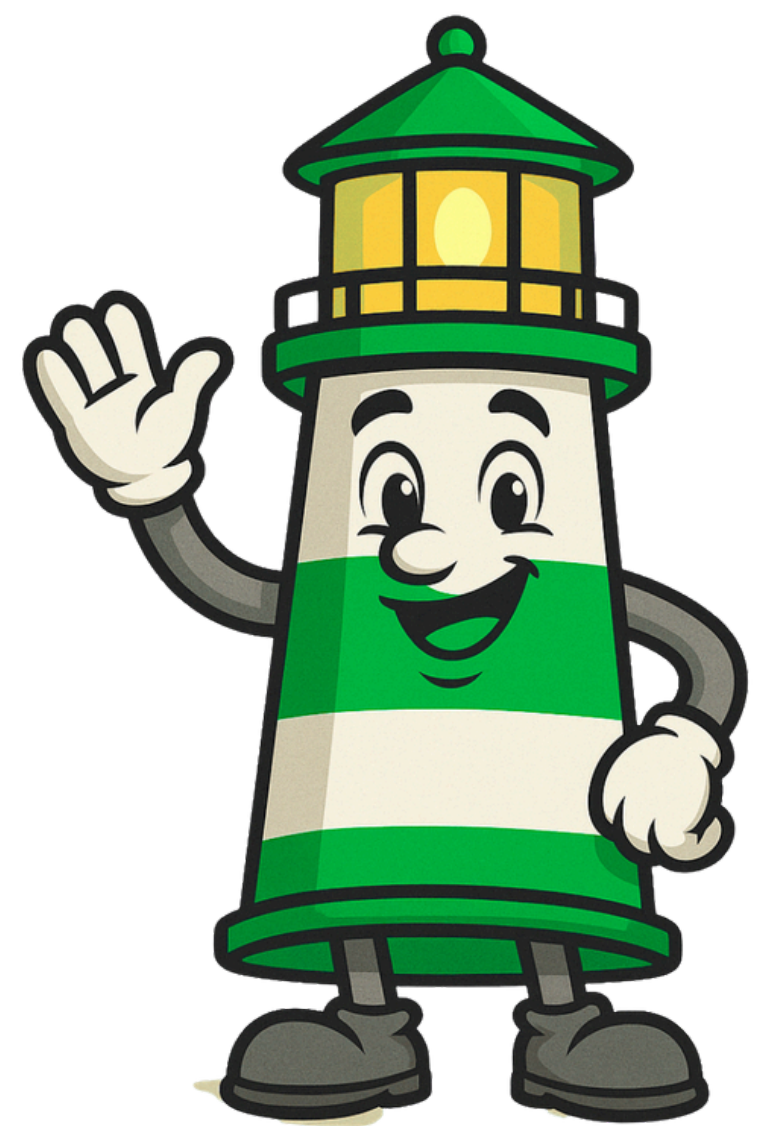
SCPA Ray says - try these activities to help you be calm



- Blow bubbles
- Imagine your favorite place to be
- Remember the words to a song you love
- Touch four things around you
- Make a tight fist--then release it
- Count to 20... then count backwards

Now SCPA Ray says try these activities to help you feel good!

- Cook or bake something (ask an adult first!)
- Do a crossword or sudoku
- Play with a pet
- Do a crafting project
- Read
- Sing a song





Ray says try some of these movements!

- Use a stress ball
- Use a fidget
- Take a walk
- Shuffle cards
- Swing on a swing
- Jump rope
- Do side stretches and then try and touch your toes
- Tumble

SCPA RAY says "Great job!"