

MENTAL HEALTH AWARENESS MONTH

20-DAY CHALLENGE



MON	TUES	WEDS	THURS	FRI
3 Deep breathing exercise (1 min) 	4 Call a Friend after school 	5 Sleep ONE hour earlier than usual	6 Do ONE kind act for someone #ThoughtfulThursday	7 Listen to only happy music all day 
10 Drink only water with your meals all day 	11 Say 3 good things about YOU in front of a mirror	12 Take a walk outside #WalkItOutWednesday 	13 Share or write down 5 things you're grateful for 	14 Invest 15 minutes to organize your space 
17 #MindfulnessMonday Draw, doodle, or color a picture in your free time 	18 Say something NICE to someone	19 Write down 3 small goals for yourself	20 Think of something to look forward to (or Schedule it!)	21 Share a thought or feeling with a friend or adult you trust
24 Cross out an item from your to-do list 	25 Eat healthy meals and snack. all day #TastyTuesday	26 Unfollow negative people on social media	27 Represent! Wear GREEN for Mental Health 	28 Stay active all day #FitnessFriday

Reach Out!

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