



MENTAL HEALTH AWARENESS WEEK

May 6-12th 2024

Join us on Periods 3 & 4 Lunch all week to participate in a series of fun activities to help support Mental Health & Well-Being!

MOVE IT MONDAY

Join us for a self-paced walk around the school!

PAY IT FORWARD TUESDAY

Join us in the Atrium to participate in our Bounce Back Butterflies activity. Take a butterfly from the jar and/ or contribute your own for others!

WELLNESS WEDNESDAY

Join us in Room 2051 from 11:15 - 12:35 for some wellness activities. We'll have colouring sheets, music, puzzles and more!

THANKFUL THURSDAY

Join us in the Atrium to participate in our Gratitude Graffiti activity. Write/draw things that you are thankful for on a sticky note and we'll add it to our big sheet of paper to display!

FASHION FRIDAY

Wear Green for Mental Health Awareness and share your pictures with our Instagram accounts. We'll take group photos at the start of periods 3 and 4 in the Atrium.



@SDHS_WELLNESS
@SDHS_STUPARL

