



# MAY IS MENTAL HEALTH AWARENESS MONTH



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

|   |   |   |  |   |
|---|---|---|--|---|
|  |   | <p>1<br/><b>Awareness Month</b><br/>Kick-off! Wear your green in support!</p> <p>WTPS Mental Health Flyer</p> | <p>2<br/></p>    | <p>3<br/><b>Feel Good Fridays</b><br/>Explanation to all students in study hall</p>                             |
| <p>6<br/><b>Mental Health Mondays</b><br/>Morning announcement</p>                | <p>7<br/></p>    | <p>8<br/><b>Wellness Wednesday Activities</b></p>   | <p>9</p>   | <p>10<br/><b>Feel Good Fridays</b><br/>Red Team Jeopardy Challenge during study hall</p>                        |
| <p>13<br/><b>Mental Health Mondays</b><br/>Morning announcement</p>               | <p>14</p>   | <p>15<br/><b>Wellness Wednesday Activities</b></p>  | <p>16<br/></p> | <p>17<br/><b>Feel Good Fridays</b><br/>Blue Team Jeopardy Challenge during study hall</p>                       |
| <p>20<br/><b>Mental Health Mondays</b><br/>Morning announcement</p>               | <p>21</p>   | <p>22<br/><b>Wellness Wednesday Activities</b></p>  | <p>23</p>  | <p>24<br/>NO SCHOOL</p>   |
| <p>27<br/>NO SCHOOL</p>   | <p>28<br/></p> | <p>29<br/><b>Wellness Wednesday Activities</b></p>  | <p>30</p>  | <p>31<br/><b>Awareness Month Wrap Up</b><br/>Morning announcement<br/><b>Feel Good Fridays</b><br/>GAMEDAY!</p> |

THE TIME IS NOW to bring awareness to mental health all month long.

Follow @wisguidance on Instagram to see our students engage in #mentalhealthmatters activities!

