



MENTAL HEALTH AWARENESS MONTH
SHS MAY 2020 SELF-CARE CHALLENGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 listen to a song that makes you feel good	2 take a walk and notice five things you see	3 write down 3 things you are grateful for
4 do something nice for a sibling or cousin	5 call an elderly relative	6 meditate for five minutes	7 paint or draw on a rock and give it to someone you miss	8 visit SHS Virtual Relaxation Room , try something new	9 make a meal or dessert for your family	10 do something nice for your mother or for a mother figure
11 change your phone wallpaper to something that makes you smile	12 write a letter to someone you miss and mail it	13 have a dance party with yourself	14 take a yoga class	15 send a text message to someone you miss	16 write down 3 happy memories from your childhood	17 play a virtual game with friends, siblings, cousins...
18 write down 3 nice things about yourself, hang it up	19 try squared breathing for three minutes	20 take a walk and notice five things you hear	21 make a playlist of "feel good" songs	22 do something nice for a neighbor	23 sleep extra late today	24 do something new to your bedroom
25 write down one thing that is good about today	26 do an activity that you loved when you were little	27 give one of your parents/guardians a compliment	28 call someone you miss	29 paint or draw on a rock for yourself	30 play a board game with someone you live with	31 do something that makes you happy

Be sure to visit [Summit's Virtual Relaxation Room](https://sites.google.com/view/summitsrelaxationroom/home) for ideas
<https://sites.google.com/view/summitsrelaxationroom/home>