






GREENWOOD SECONDARY SCHOOL MENTAL HEALTH WEEK MAY 6TH – 10TH 2019

Mental Health Monday	Kindness Tuesday	Well Wednesday	Thankful Thursday	Fun Friday
<p><u>Announcement:</u> What Is Mental Health? What is kindness?</p> <p>Home Form Activity: Flower Activity</p> <p><u>Lunchtime Activity:</u> Outside A32 Post Flowers on Wall of Kindness</p> <p><u>After School Activity:</u> A19 Yoga</p>	<p><u>Announcement:</u> Being kind to Others.</p> <p><u>Lunchtime Activity:</u> Outside A32 Kindness Jar</p> <p><u>After School Activity:</u> A19 Yoga</p>	<p><u>Announcement:</u> Being Kind to Ourselves</p> <p>Home Form Activity: Breathing Activity with Hand</p> <p><u>Lunchtime Activity:</u> Field (A55 if it rains) Wellness Activities: Therapy Dogs Planting</p> <p><u>After School Activity:</u> A19 Yoga</p>	<p><u>Announcement:</u> Being Grateful</p> <p><u>Lunchtime Activity:</u> outside A32 Gratitude Chain</p> <p><u>After School Activity:</u> A19 Yoga</p>	<p>Wear Green For Mental Health</p> <p><u>Announcement:</u> Having fun</p> <p>Home Form Activity: Make Kindness Fortune Tellers</p> <p><u>Lunchtime Activity:</u> Field (A55 if it rains) Fun Activities: Staff Student Ultimate Bubbles, Frisbees, Henna Playdough, Stress Balls, Mandalas</p>
				

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