



Mental Health Awareness Week 10/8-10/12

Monday: why, goal and kids reading stats

http://drive.google.com/file/d/1zzizalNoODRbcCFGtSsbeqSKYMBLD-Ap/view?usp=sharing_eil&ts=5bb2999a

ASB: video on 4th period last 5 minutes of class watch video and hand out Post-Its for Affirmation Wall, teachers turn in to Bradshaw.

This is what we want to make displayed in front of student store and then in counseling.



Tuesday: Stress

<https://www.youtube.com/watch?v=AjaVsJzN3uM>

ASB: Music at Lunch

Counselors will have a table out with resources about mental health.

Wednesday: Anxiety

<https://www.youtube.com/watch?v=nCgm1xQa06c>

ASB: Jacob please edit at 2.11 and send it back to me.

Lunch: Yoga with Ms. Franz in the activity room

Thursday: Depression / Suicide

<https://www.youtube.com/watch?v=Kx3dpO6ys5s>

ASB: Handing out Yellow bands/cards

Friday: Resources on campus video

https://www.sandiegounified.org/schools/sites/default/files_link/schools/files/schools/university_city/UCHS_videos/Resources%20MH.mp4

ASB: heart pledge

Survey Monkey - <https://www.surveymonkey.com/r/LVZMZQ8>

