

MAY

Unidos Podemos

TOGETHER WE CAN PRIORITIZE MENTAL HEALTH

CALENDAR

Mental Health Awareness Month - May

Asian Pacific American Heritage Month -

May

International Day Against Homophobia - 17

World Day for Cultural Diversity - 21

Memorial Day - 31



FOR TEACHERS who want to dig deeper in the classroom.



[Link to Activity](#)

Monday Morning Connection allows time and space for a teacher and students to meet safely and without prejudice with the intention of re-establishing connections with each other after the weekend.

Grades K-2



[Link to Activity](#)

This lesson introduces children to a story called "Washed Away" where the main character Max is suffering through anxiety. This text is accompanied by questions for the reader to help guide discussion.

Grades 3-5



[Link to Video](#)

"It's Okay Not to Be Okay" is a video featuring students talking about what this past year has been like for them. Use this video to engage your class in their dialogue around what this experience has been like for them since the start of the pandemic.

Grades 6-8

FOR PARENTS who want to have these discussions at home.

V - A - R : Validate, Appreciate, and Refer



Validate:

- 1 Let them know what they're feeling is okay and that you believe them. Validation sounds like... "That makes sense.." or "That sounds difficult"

Appreciate:

- 2 Speaking up can be a challenging step — let them know it's a good one. Also show you're there to support them. Affirmation sounds like... "Thank you for sharing" or "I'm here for you"

Refer:

- 3 Let them know help is available and refer them to appropriate resources.

[Link to Content](#)

ORGANIZATION SPOTLIGHT for you to get involved.

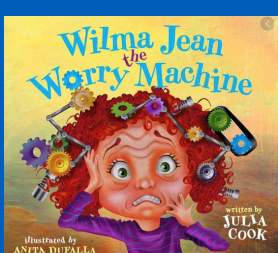
National Alliance on Mental Illness



Take the Pledge

The StigmaFree campaign is NAMI's effort to end stigma and create hope for those affected by mental illness. Through powerful words and actions, we can shift the social and systemic barriers for those living with mental health conditions.

RELEVANT LITERATURE for kids to read about it.



Wilma Jean the Worry Machine
by Julia Cook

Grades K-2



Find Your Calm
by Gabi Garcia

Grades 3-5



Anxiety Relief for Teens by Dr. Regine Galanti

Grades 6-8