**May Day May Day**

**May is Mental Health Awareness Month**

“May Day” is an emergency procedure word used internationally as a distress signal in voice-procedure radio communications. The new 9-8-8 number is a suicide and crisis lifeline, similar to 9-1-1 in a medical/safety emergency. One in six youth, aged 6-17, experience a mental health condition each year. Below are some activities to practice at home for mental wellness.

**6 Mental Health Activities for Kids to Practice at Home**

* Create a Journal
  + Younger students are better able to communicate their feelings and emotions freely in a creative way.
* Practice Gratitude Exercises
  + Have students write notes about what they are grateful for and place it a jar (label it thankful jar)
* Engage in breathing exercises
  + A couple deep breaths can reset not only your child’s mind
  + Deep breathing exercises and meditation can increase focus and compassion
* Try music therapy
  + Music can be used to encourage movement and relaxation
* Use Stress Balls and other sensory toys

**How to make a stress ball**

**What you’ll need**:

* 2 balloons
* Small funnel
* Rice, flour, Play-Doh, or Orbeez

**Directions:**

1. Take one balloon and use a small funnel to fill it with rice, flour, Play-Doh, or Orbeez.
2. Once the balloon is filled, tie the end to close it.
3. Double wrap the balloon into the second balloon to make sure it’s super secured.

**How to make slime**

**What you’ll need:**

* A glass bowl
* Spoon or spatula
* 1 teaspoon of baking soda
* 2 to 3 tablespoons of all-purpose solution or contact solution
* 1 cup of washable school glue
* 1 cup of food coloring or glitter (optional)
* A few drops of lavender essential oil (optional)

**Directions:**

1. Mix the washable school glue and food coloring or glitter together in a glass bowl.
2. Add in the teaspoon of baking soda. Give it a good mix with a spoon or spatula.
3. Add in the all-purpose solution or contact solution. Add each tablespoon one at a time for best results.
4. Mix it all together until the slime begins to separate from the sides of the bowl.
5. (Optional step) Add in a few drops of lavender essential oil for a calming scent.
6. Start kneading the slime in your hands until it’s no longer sticky and stays together.

**Resources**

* [**Mental Health Awareness Month**](https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month)

**For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270.**

**For further Information & support:**

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