

Stone Mill Elementary

Mental Health Awareness Week



Oct. 23-27, 2023

Mindful Monday

Wear pajamas or
comfy clothes;
We will stop and
take mindful
moments during the
day.

Treat Yourself Tuesday

Draw a picture or
write about doing
something that
makes you happy.

Wellness Wednesday

Wear clothes so we
can work on
physical wellness -
workout clothes,
sweatpants, hiking
pants and more!

Positive Thought Thursday

Wear clothes with a
positive message or
a color that make
you happy.

Feel Good Friday

Bring a stuffed
animal or toy
that makes you
feel comforted
when you need it!

