**The Raymer Ravens Mental Wellness Menu**

Week of April 27th, 2020

Hello everyone! I hope that you are taking good care of yourself and that you enjoyed last week's activities. Once again, although this is optional, I would like you to choose at least 1 thing a day

from this menu to help you to stay happy and healthy while you are not at school.

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| Draw or write the things in your life that make your happy,  This might be people, activities, experiences, items, or even foods! | Try a Progressive Muscle Relaxation Exercise  <https://www.youtube.com/watch?v=cDKyRpW-Yuc> | **Grounding Activity**  for when we are feeling stressed:  Look around the room and identify 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste. |
| Free Cloud Clipart Transparent, Download Free Clip Art, Free Clip ...Free Cloud Clipart Transparent, Download Free Clip Art, Free Clip ...Free Cloud Clipart Transparent, Download Free Clip Art, Free Clip ...  Find a nice spot outside where you can lie down comfortably and look at the sky. Focus on one cloud and creatively think about what the shape looks like. Find another cloud and do the same thing. Watch as the clouds move across the sky. You can guess how long it would take the cloud to move to something that you see far away and then count to see how accurate your guess is. | Write down 3 things that you are **GRATEFUL** for and try to find different things each time.  Tip: Practicing daily gratitude helps us to be happier people as it trains our brains to look for positive things. | Educate yourself on COVID-19 by reading this book  <https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf>  and write down any questions that you might have. |
| Social Skills Building  Eye contact is a non-verbal form of communication that carries a lot of meaning. Practice eye contact by having a staring contest with someone. First one to look away loses! Try making funny faces to see if you can make the other person laugh and look away. | **Enjoy a treat**  Choose one thing that you like to eat. Place the treat in front of you and examine what it **looks** like, hold it and notice what it **feels** like in your hand, take a long slow sniff and notice what it **smells** like.  When you finally have your first bite, make it a tiny bite and see how slowly you can chew it and move it through your mouth with your tongue to really **taste** it before swallowing it. | **Be your own Admirer**  Write down as many things as you can that you appreciate about yourself. Try to include some of your talents, your appearance, your personality, etc. The sky is the limit you can even list the simplest of things like your favourite fingernail or freckle. |

"Be who you are and say what you feel, because those who mind don't matter and those who matter don’t mind." – Dr. Seuss

Miss. May

School Counsellor