

# WHS Mental Healthiness Week 2019



# Monday - Spreading the Word!



## We Care Mental Healthiness Lunch Activities

<i>Day</i>	<i>Small Gym Activity*</i>	<i>Downstairs Collaboration Space Activity</i>
5/20 Monday	Meditation & Journaling	<i>Inside Out</i> Viewing Party & Thank Yourself Notes
5/21 Tuesday	Zentangles	Photo Booth & Thank a Friend Notes
5/22 Wednesday	Mental Healthiness & Diet	Awkward Family Photo Competition & Thank a Family Member/Mentor
5/23 Thursday	Games ( <b>Outside Concession Stand</b> )	Random Acts of Kindness & Gratitude Journals



**\*LUNCH WILL  
BE PROVIDED  
FOR FIRST 150  
PEOPLE**

# Monday - Sources of Strength: Mental Health



# Monday - Lunch & Journals



# Monday - Meditation



## Tuesday - Sources of Strength: Positive Friends



# Tuesday - Lunch & Zentangles

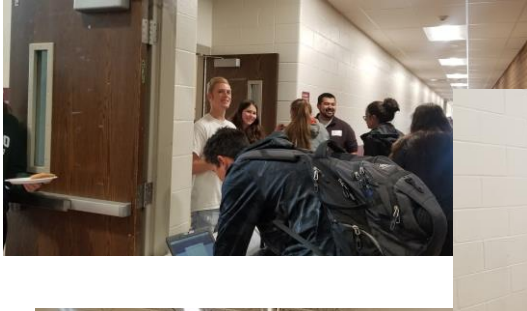


# Wednesday - Sources of Strength: Mentors

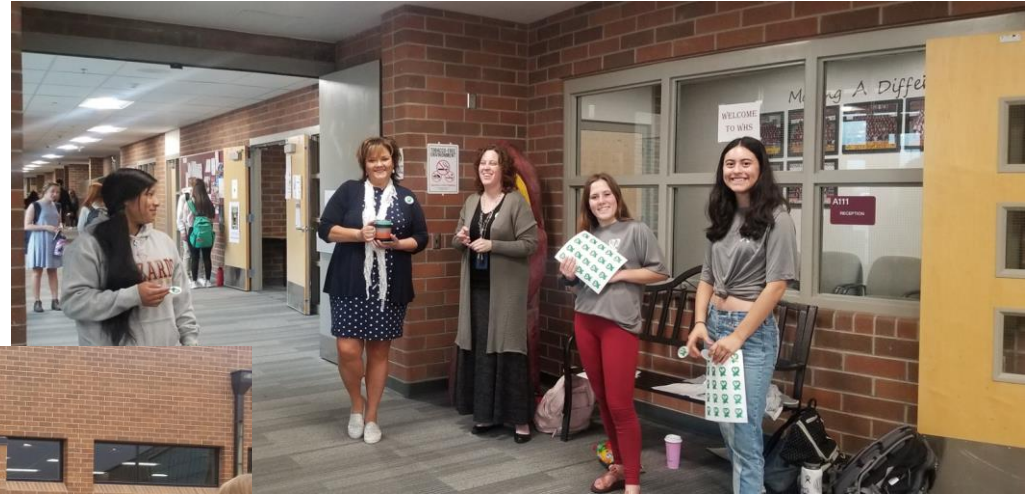




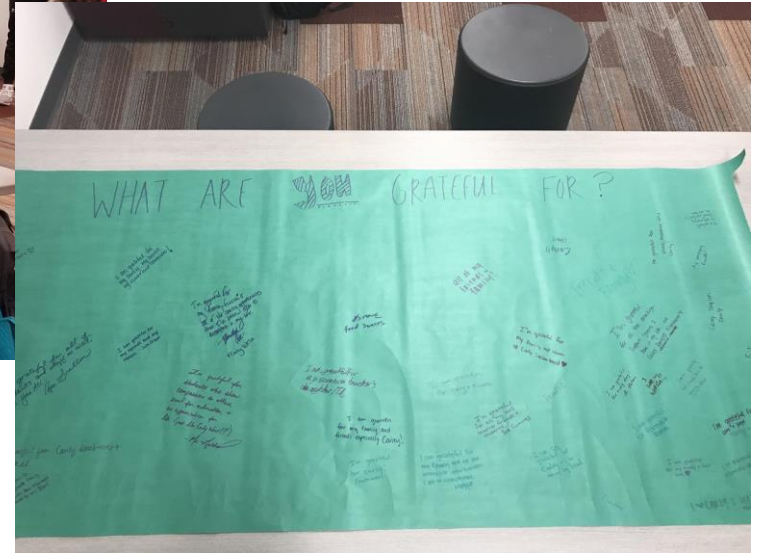
# Wednesday: Lunch & Nutrition



# Thursday - Spreading the Word, Again!



# Thursday - Sources of Strength: Generosity



# Thursday - Lunch & Games





# Brain Breaks

- Monday - Pictionary, Heads Up 7 Up, Two Truths and Lie, ABC Game
- Tuesday - Rock Paper Scissors, Coke or Pepsi, Junk Bag, Breathing Practice
- Wednesday - Spaceman, Fact or Crap, 5 A Day Video, Yoga
- Thursday - 5 a day video, Ninja, charades, Ellen's Heads Up