

# MUSIC city COUNSELOR

## THANK YOU FOR YOUR PURCHASE!



♥ *laura oathout*

Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) if you have questions, suggestions, or requests for resources! I am here for you!

## LET'S CONNECT!



♥ **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# DIRECTIONS:

This Wellness Calendar was designed to be used in May – Mental Health Awareness Month! It can also be used in other months that have 31 days.

Give each student a copy of the calendar. A different wellness tip is provided for each day of the month. A total of 31 days are included.

Once students complete the task for the day, they can color in that square. At the end of the month, students can turn in their calendars. You may consider awarding those who complete the whole month with a prize!

Questions, comments, or suggestions? Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com). I'm here to help!

PS I SO appreciate when you please leave a review on my resources on my TpT store! It earns you credits towards future purchases, helps other educators find quality materials, and helps my small business grow! 😊

# Mental Health Awareness WELLNESS CALENDAR



Take 3 slow, **1**  
deep breaths.

**2**  
Say something  
kind to yourself  
in the mirror.

Compliment a **3**  
friend or  
family  
member.

Laugh and **4**  
enjoy a fun  
moment with  
family and  
friends.

Share 3 **5**  
things  
you're  
grateful  
for.

Name what **6**  
makes you special.

Notice your **7**  
emotions and  
name your  
feelings.

**8**  
Practice  
listening without  
interrupting.

Eat fruits **9**  
and veggies.

Draw a **10**  
picture of a  
place that  
makes you  
feel calm.

Take a short **11**  
walk outside.

**12**  
Stretch your  
body. Relax your  
muscles.

Get a good **13**  
night sleep.

Listen to **14**  
calm and happy  
music.

Write a **15**  
journal  
entry  
about  
your day.

Practice **16**  
patience when  
something  
doesn't go your  
way.

Give a **17**  
second hug.

**18**  
Thank someone  
who helped you.

Name a goal **19**  
that you'd  
like to  
achieve.

Close your **20**  
eyes and  
take a  
quiet  
moment.

Play outside. **21**  
Move your body.  
Exercise.

Take a **22**  
relaxing bath.

**23**  
Name 3 good  
things that  
happened today.

Try yoga **24**  
or meditation.

Explain how **25**  
mistakes help  
you learn.  
MISTAKES  
HAPPEN

Read a **26**  
book  
you  
enjoy.

Set **27**  
priorities. Focus  
on completing  
one task at a  
time.

Do **28**  
something  
creative like  
drawing or  
painting.

Name 3 **29**  
things  
that  
you're  
proud of.

Try a new **30**  
way to  
solve a  
problem.

**31**  
Include a  
new friend at  
recess.

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