

## Mental Health Friday

May is *Mental Health Awareness Month*, and for this **Friday, May 15**, we want your family to spend time to honor your whole person. There are 6 dimensions of health; spiritual, emotional, social, physical, mental, and intellectual. These dimensions of health provide a full picture of health, as a change in any dimension can affect the others. During this challenging time our spiritual, emotional, social, physical, and mental health may have changed. So today we ask that you to take time away from your devices and studies to find time for your personal well-being.

We hope the following bits of information and the “bingo” game help you have an uplifting day!

Have a wonderful family day! Take pictures and write/submit a reflection to share:

<https://drive.google.com/drive/folders/1nSxHlBFZ4QstKd-hZKPllsH9kJudwS7M?usp=sharing>

### **First, start your day with Mass at 9 am with Fr. Moore and the Assumption School community**

Beginning after mass, for 30 minutes, reflect on today’s Gospel [JN 15:12-17](#) Jesus said to his disciples: “This is my commandment: love one another as I love you.” Can each family member make a list of how they give and receive love? Share your list one at a time with each other.

### **Next, make a plan to take time today to show “love for one another”.**

After Mass and family reflection time, plan a day of showing love. The attached game, similar to “Bingo”, has a variety of ideas relating to each dimension of health. These could fill your day and more! Plan on doing one or two in the morning and then during lunch do more planning for activities that need set up, (bubble fun, spiders web). Mark the square as you complete the activity and allow time for reflection.

The activities have been chosen with the intent to support all the dimensions of health. Many teachers contributed the ideas. The color code is a suggestive guide to connect the activity with a dimension of health.

**SP**IRITUAL **EM**OTIONAL **SO**CIAL **PH**YSICAL **ME**NENTAL

### **There is scientific evidence that physical touch is directly connected to our emotional and mental health.**

You can start and end your day with a loving touch or hug. Some people may appreciate being asked to be given a hug. Please be aware of those who may be less receptive to hugs. Ask “Is it alright if I give you a hug?” We encourage you to pass around hugs today to those in your safe circle and make it a new habit!



<https://www.acped.org/do-you-hug-your-child-enough>

## Distance Learning - "Love one another" Family Bingo!

Print this out for each child in your family. Typical bingo can be played - How many activities can you finish? Can you get a row or column? Is there one you want to try again. How about a blackout! Maybe as a family you can create your own prize. The color code is a suggestive guide to connect the activity with a dimension of health.

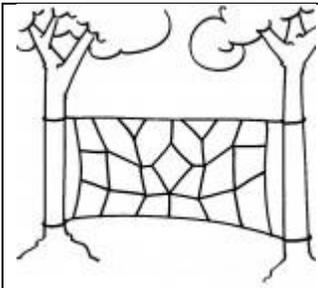
SPIRITUAL   EMOTIONAL   SOCIAL   PHYSICAL   MENTAL

<p>Interview a family member. Ask them their favorite type of dance step and have them share a song they love. (Bonus! Parents, share a song and dance that you loved when you were your child's age) <b>DANCE together</b></p>	<p>Sit outside or sit looking outside and draw a picture of scenery, a natural feature of a landscape.</p>	<p>Take a walk/bike ride and take a pause to tune into your surroundings using all 5 senses Smell, Sight, Hear, Taste, Touch</p>	<p>Weave a flower crown for your Blessed Mother Prayer Center <a href="https://www.youtube.com/watch?v=kVsA_LcuHQ">https://www.youtube.com/watch?v=kVsA_LcuHQ</a></p>
<p>Bake/Cook together Stove top treats Rice crispy treats Chex Mix</p> <p>Easy Peanut butter cookies Mix together 1 egg, 1cup sugar, 1 teaspoon vanilla, 1 cup peanut butter Drop on cookie sheet and bake at 325, 8-10 minutes</p>	<p>Make an obstacle course! Include an obstacle that requires help from another. See below or check out Low Ropes Elements</p>	<p>Write a letter or make a card to send to friends, neighbors, and/or family</p>	<p>Listen and watch Be Not Afraid by Catholic Artist from Home: <a href="https://youtu.be/RF0DIpFOoBg">https://youtu.be/RF0DIpFOoBg</a> Sing along as a family, the lyrics can be found in the video description of YouTube</p>
<p style="text-align: center;">Pray the Rosary Together</p>	<p>FaceTime or video call your grandparents, or grand friends.</p>	<p>Hug a sibling for 20 to 30 seconds. Ask first.</p>	<p><b>Big bubbles Fun</b> Multiply this recipe</p> <ol style="list-style-type: none"> <li>1. Add 1 cup of water to a large bowl</li> <li>2. Add 2 tablespoons of Light Karo Syrup or Glycerin</li> <li>3. Add 4 tablespoons of dishsoap(Dawn)</li> <li>4. Mix together gently</li> </ol> <p>Make a wand from a stick and strings <a href="#">bubble wand and more</a></p>
<p>Got chalk - Draw a "Good News" message on the neighborhood sidewalk</p>	<p>Interview a family member. Ask them their favorite type of music and have them share a song they love. (Bonus! Parents, share a song that you loved when you were your child's age) SING along</p>	<p>Do a puzzle, origami, or play a favorite game, inside or outside together! TEACH each other</p>	<p>Compliment someone: For the way they fixed their hair, or what they are wearing, or what they have done.</p> <p style="text-align: center;"><b>Practice active listening. see below</b></p>

When you're done with the game, take time to reflect. What was your favorite part? Did you learn something new about someone in your family? Take time to reflect. How can or did the activity support our well-being? Did it support our good health? How did it support our good health? Did it make us happy, calm, giggly, comforted? Take pictures and write/submit a reflection to share.

<https://drive.google.com/drive/folders/1nSxHlbFZ4QstKd-hZKPllsH9kJudwS7M?usp=sharing>

**Finally, do this active listening exercise.** Active listening is different than just hearing what a person has to say. A good active listener puts everything aside and gives their complete attention to the person who is talking; asks open-ended questions to get more details about the topic that is being discussed (ex. "And how did that make you feel?"); and takes moments throughout the conversation to summarize what they've been told and make sure they are understanding clearly



**Spider's Web** is usually made from bungee (rope or yarn works) between trees or posts. The objective for each person is to get to the other side without coming in contact with any part of the web.

## **Be Kind to Your Mind**

### **Tips to cope with stress during COVID-19 from CDC**

- 1PAUSE** Breathe. Notice how you feel
- 2TAKE BREAKS** from COVID-19 content
- 3MAKE TIME** to sleep and exercise
- 4REACH OUT** and stay connected
- 5SEEK HELP** if overwhelmed or unsafe