

Substance Use Education:

"MAY DAY MAY DAY": MENTAL HEALTH AWARENESS MONTH

"May Day" is an emergency procedure word used internationally as a distress signal in voice-procedure radio communications. The new 9-8-8 number is a suicide and crisis lifeline, similar to 9-1-1 in a medical/safety emergency. One in six youth, aged 6-17, experience a mental health condition each year. Below are some activities to practice at home for mental wellness.

6 Mental Health Activities for Kids to Practice at Home

- Create a Journal
 - Younger students are better able to communicate their feelings and emotions freely in a creative way.
- Practice Gratitude Exercises
 - Have students write notes about what they are grateful for and place it a jar (label it thankful jar)
- Engage in breathing exercises
 - A couple deep breaths can reset not only your child's mind
 - Deep breathing exercises and meditation can increase focus and compassion
- Try music therapy
 - Music can be used to encourage movement and relaxation
- Use Stress Balls and other sensory toys

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270.

For further Information & support:

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How to make a stress ball

What you'll need:

- 2 balloons
- Small funnel
- Rice, flour, Play-Doh, or Orbeez

Directions:

1. Take one balloon and use a small funnel to fill it with rice, flour, Play-Doh, or Orbeez.
2. Once the balloon is filled, tie the end to close it.
3. Double wrap the balloon into the second balloon to make sure it's super secured.

How to make slime

What you'll need:

- A glass bowl
- Spoon or spatula
- 1 teaspoon of baking soda
- 2 to 3 tablespoons of all-purpose solution or contact solution
- 1 cup of washable school glue
- 1 cup of food coloring or glitter (optional)
- A few drops of lavender essential oil (optional)

Directions:

1. Mix the washable school glue and food coloring or glitter together in a glass bowl.
2. Add in the teaspoon of baking soda. Give it a good mix with a spoon or spatula.
3. Add in the all-purpose solution or contact solution. Add each tablespoon one at a time for best results.
4. Mix it all together until the slime begins to separate from the sides of the bowl.
5. (Optional step) Add in a few drops of lavender essential oil for a calming scent.
6. Start kneading the slime in your hands until it's no longer sticky and stays together.



Sources & Resources

Mental Health Awareness Month

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