

## Power of Positivity

### Monthly Campaign Bulletin Board:

#### Theme:

This campaign has a focus on mental health. Students will learn the power of maintaining a positive attitude and the benefits positivity can have on mental health.

#### Bulletin Board Example #1:



#### Classroom Instructions:

Remind students that being healthy doesn't only refer to having a healthy body. Having a healthy mind is equally important. Talk to students about the different factors that can affect mental health. Explain that maintaining a positive attitude is one strategy to increase positive mental health.

#### Bulletin Board #1 Instructions:

Explain to the brain releases two hormones, serotonin and endorphins, in their body that help you feel better and trigger a positive feeling in the body. Sunshine and some foods increase serotonin levels and vigorous activity releases endorphins. When these two levels are increased you generally feel better which makes it much easier to maintain a positive attitude. Have students brainstorm ways to keep their thoughts positive. They can write their ideas on the shoe and sun cut-outs provided below.







