

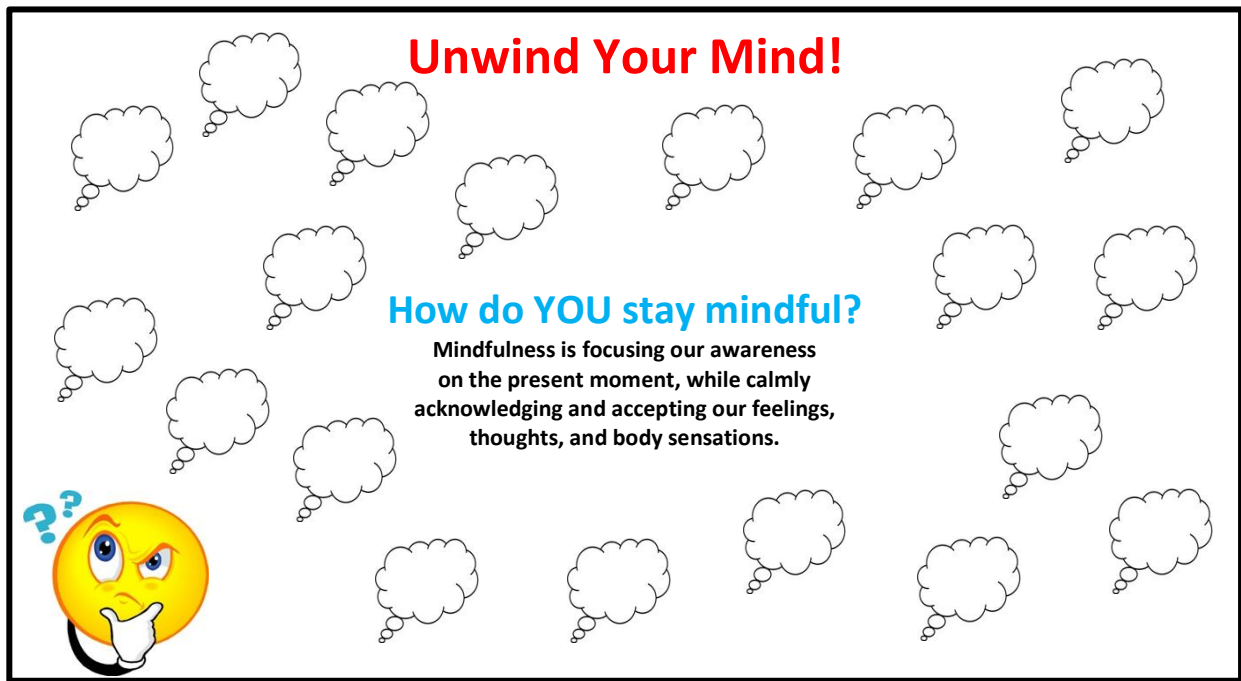
Unwind Your Mind

Monthly Campaign Bulletin Board:

Theme:

This campaign has a mental health focus. Students are introduced to mindfulness as a tool they can use during their day to improve their mental health. Several classroom activities, and a daily mindfulness script are all included in this campaign.

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 mindfulness is one strategy that can increase positive mental health. For more information on mindfulness you can visit one of these websites:

<http://www.mindfulnessinstitute.ca/about-mindfulness/>

<https://www.mindful.org/>

<http://leftbrainbuddha.com/>

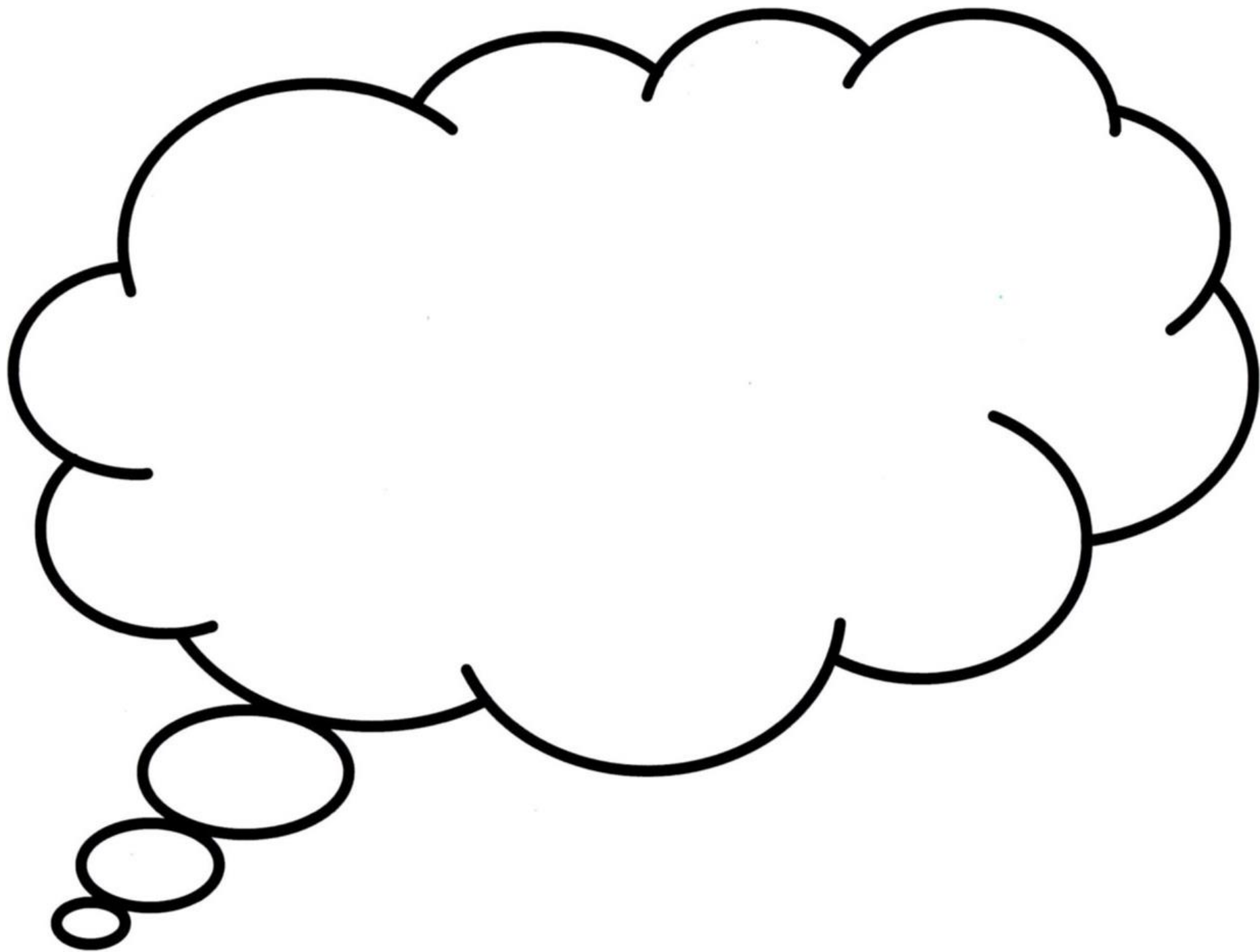
Bulletin Board #1 Instructions:

Have a class participate in one of the mindfulness activities provided in the Classroom Activities document. Afterwards, ask students what they can do in their day to be more mindful. The students can write a sentence or draw their response on the thought bubble outline provided below. Cut and pin their responses to the bulletin board.

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Mindfulness is focusing our awareness on the present moment, while calmly acknowledging and accepting our feelings, thoughts, and body sensations.



Bulletin Board Example #2:



Bulletin Board #2 Instructions:

Have a class participate in one or more of the mindfulness activities provided in the Classroom Activities document. Take pictures of the students participating in the activities and post them on the bulletin board. Below the pictures, write a short description of what is taking place in the picture, to give some context to people walking by the bulletin board.