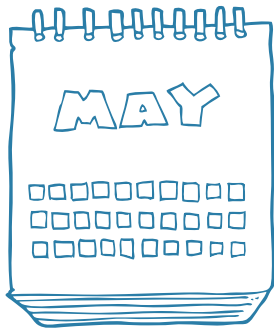


# Robin

MENTAL HEALTH  
AWARENESS  
MONTH

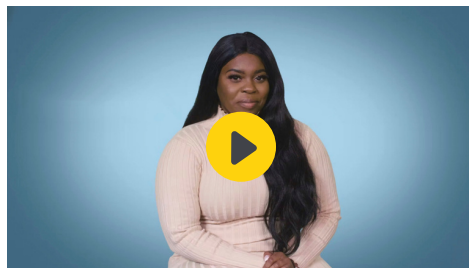
# TOOLKIT



CALENDAR WITH  
DAILY ACTIVITIES



PRINTABLE  
POSTERS



INTERACTIVE  
LESSONS

# MENTAL HEALTH AWARENESS

## MANTRA MONDAY

**Self-Esteem Mantra**  
"The things that make me  
different are the things  
that make me ME"

**Connection Mantra**  
"I own my device, not the  
other way around"

**Purpose Mantra**  
"I am worthy of happiness  
and success"

**Choice Mantra**  
"It's going to be okay"

## TRY-IT TUESDAY

### Body Scan

Sit in a comfortable position.  
Close your eyes or look down.  
Bring your awareness to each  
body part and notice what you  
observe.

### 3 Wishes

When it's hard to be kind to  
someone, send them 3 wishes:  
May you be happy, May you be  
healthy, May you be peaceful.

### Box Breath

Breathe in for 4, Hold for 4,  
Breathe out for 4, Hold for 4. Try  
this when you are faced with a  
challenge.

### Take a Pause

When you're thinking about  
making a choice that isn't  
healthy, ask yourself how is this  
good for me?

## WELLNESS WEDNESDAY

### Self-hug

Inhale and bring your arms  
out in a T. Exhale and give  
yourself a big hug. Now speak  
one kind word to yourself.  
Repeat exercise with the  
opposite arm on top.

### Tree Circle

Everyone stands in a circle and  
does their best tree pose. Once  
your branches (arms) are raised  
connect hands. See how long you  
can hold with the support of your  
circle.

### Wall Sit

It will be hard but you can do it.  
Put your back on the wall and  
bend your knees to sit against  
the wall. Hold for 30 seconds.

### Make Your Choice

For 1 minute, choose to do  
jumping jacks or jog in place.

## THANKFUL THURSDAY

### Self-Esteem Gratitude

Sketch or jot down one thing  
about yourself that you are  
grateful for.

### Connection Gratitude

Write a letter to someone  
you are grateful for.

### Resilience Gratitude

Write about a challenge you  
have faced with courage.

### Choice Gratitude

Think about one healthy choice  
you made today. Promise to  
yourself that you will make  
this choice again tomorrow.

## FREEBIE FRIDAY

### Self-Esteem

**Interactive Lesson**  
See Mental Health Toolkit  
page 5

### Healthy Relationships

**Interactive Lesson**  
See Mental Health Toolkit  
page 6

### Resilience & Purpose

**Interactive Lesson**  
See Mental Health Toolkit  
page 7

### Choices Interactive

**Lesson**  
See Mental Health Toolkit  
page 8

# How Do I Make the Most of this Calendar?

## [Watch the Video Guidance](https://vimeo.com/699104583)

<https://vimeo.com/699104583>

### Monday's Mantras

Invite students to close their eyes/look down, take a deep breath, and silently recite the mantra to themselves:

- To begin the day/period
- As they complete a transition
- If they are about to start a new and challenging assignment/assessment
- Before they leave your room for the period/day
- Any time you feel they need centering or a shift toward more positive energy

### Tuesday's Try-It Activities

These are calming mindful activities/brief discussions that can be used to start the day/period or as a gentle brain break. If time allows, students could also journal/reflect on a post-it about the experience afterward.

### Wednesday's Wellness Activities

These include a variety of activities chosen to reinforce the importance of treating ourselves with kindness, connecting with others, getting in movement throughout the day, and making choices that are healthy for us. They can be used as brain breaks, particularly when you need to bring the energy up or if students have been seated for a length of time. If time allows, students could also journal/reflect on a post-it about the experience afterward.

## Thankful Thursday's Activities

Practicing gratitude can be such a grounding experience. This is a great activity to use:

- When students first come into the classroom
- When students have finished an assignment
- To create a “gratitude wall” or “gratitude chain”
- To exchange with classmates when tensions rise

## Friday's Freebie Lessons

You can either print or digitally share this Interactive Worksheet with your students. Start by viewing the video as a whole class or as individuals, on student devices. Then, move to the three metacognitive components of the lesson:

- **Look Backward:** This reflection helps students think deeply about themselves and identify a growth area. Ask students to record their thinking by writing (if the worksheet is printed) or typing (if it's shared digitally).
- **Look Inward:** This reflection connects the skill with the student's real life, right now. How are they already practicing the SEL skills that will benefit them? Ask students to record their thinking by writing or by typing in their response.
- **Look Forward:** Students set positive goals or intentions moving forward. You might ask students to verbally share their answers with a peer or lead a whole class discussion for broader idea-sharing. Then, invite students to record their answers in writing or by typing in their response.



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It took me a very long time to make the decision to tell myself that I was pretty, that I was worthy. But the beauty of it is the moment I started, my voice overpowered everyone else's.

## Use Your Inner Superpower

Video Lesson by Coach Nyeesha Williams

### SEL SKILLS

Self-Worth

Self-Confidence

Overcoming Trauma

Positive Affirmations



**LOOK BACKWARD.** Whose voices have lifted you up? Think about family members, coaches, teachers or other mentor figures. What are some words that others have said to encourage you?

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**LOOK INWARD.** Think about your own voice. What are some examples of positive self-talk that you tell yourself? What are some examples of critical, or negative self talk?

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**LOOK FORWARD.** Write 2 self-love affirmations that can help you see yourself more accurately. Begin with this sentence starter, and complete it however you see fit: "If no one else tells me \_\_\_\_\_, I know it's true."

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What does it feel like to stop using technology?

## Is it Hard to Put Technology Away?

Video Lesson by Coach Sara Kaviar

### SEL SKILLS

Reflection

Impulse Control

Self-Management

Technology Use



**LOOK BACKWARD.** Think about your relationship with technology. In the past week, how many hours do you think you spent on your phone, ipad and computer (not including in-school use)? How many hours did you spend with others?

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**LOOK INWARD.** Why do you think it's hard to put your phone down and away?

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**LOOK FORWARD.** What is one change you might make to have a healthier balance of technology and in-person connection?

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Purpose is a connection to something greater than ourselves.

## Passion or Purpose?

Video Lesson by Coach Jeff Hittner

### SEL SKILLS

Reflection

Finding Purpose

Recognizing Strengths

Goal-Setting



**LOOK BACKWARD.** What is something that you were a part of that made you feel very alive, or full of joy? What does that experience reveal about your passions or purpose?

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**LOOK INWARD.** What does purpose mean to you?

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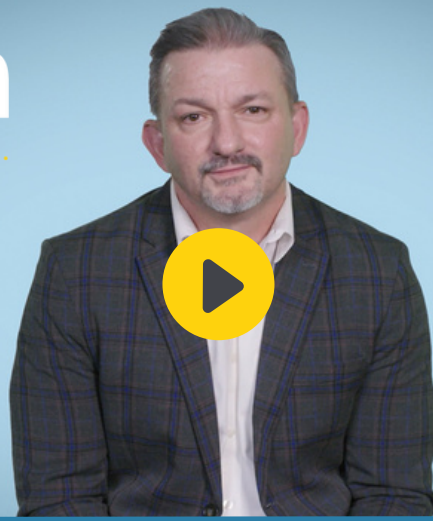


**LOOK FORWARD.** How can you strengthen your connection to the things that you are passionate about, or the things that feel purposeful?

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Let's say you text a friend to see if they want to study... and they don't respond. What conclusions do you jump to?

## Dump That Catastrophic Thinking

Video Lesson by Coach Dr. John Avritt

### SEL SKILLS

Mental Flexibility

Growth Mindset

Analyzing Situations

Rational Thinking



**LOOK BACKWARD.** Think about a time you were worried about something. What was it? What kinds of things were you thinking? How did your thoughts affect you?

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**LOOK INWARD.** Imagine your best friend said, "My gut feeling is almost always right." Do you mostly agree, somewhat agree or mostly disagree and why?

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**LOOK FORWARD.** What is something that is challenging you right now? How can you reframe your thinking about that challenge to show mental flexibility?

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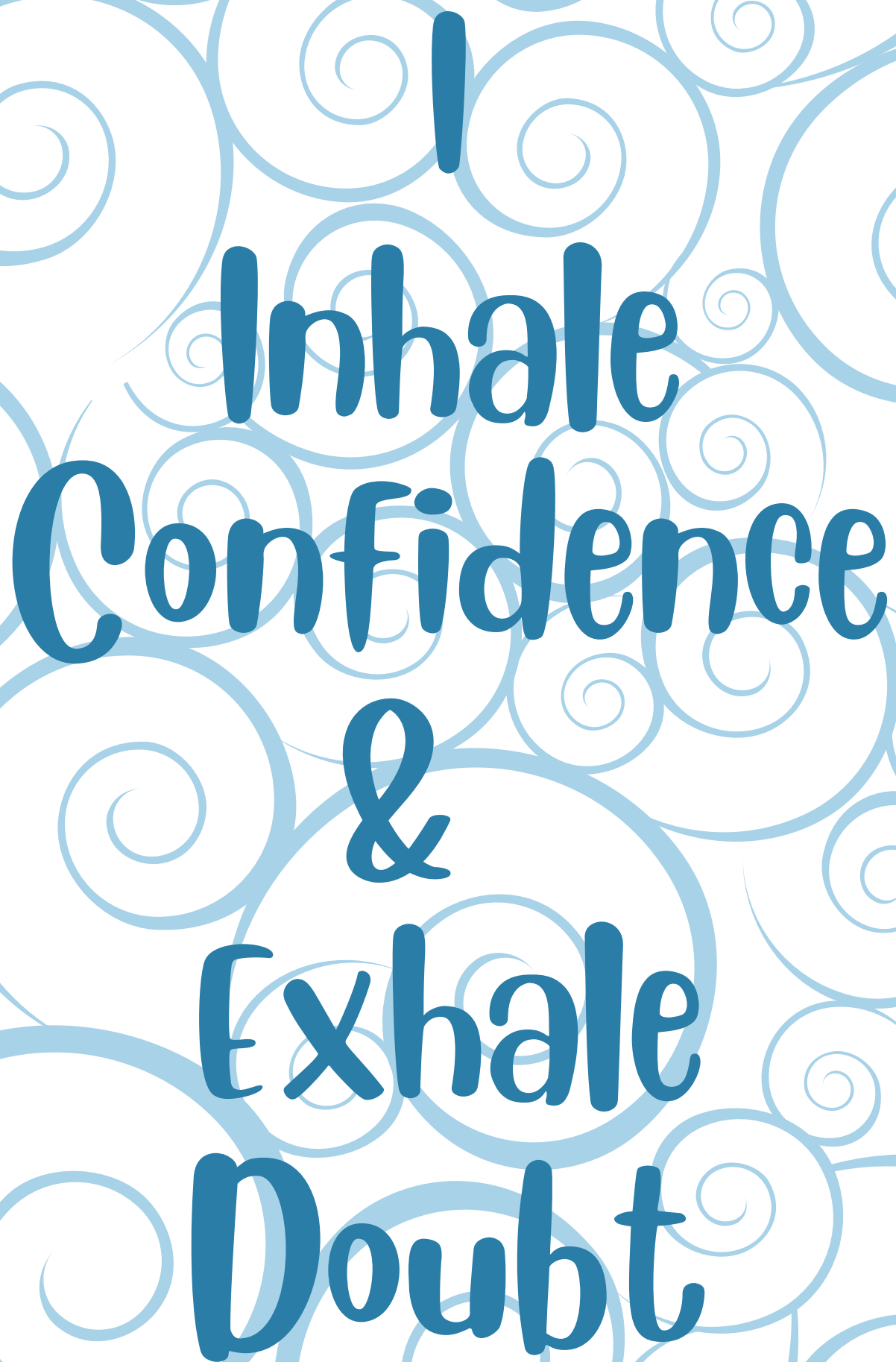




**GOOD  
THINGS  
TAKE  
TIME**

**Robin**

IT'S  
**OKAY**  
TO  
**NOT**  
BE  
**OKAY**



Inhale  
Confidence  
&  
Exhale  
Doubt



BE

KIND

TO

YOURSELF



CONNECT WITH US

READY FOR ROBIN?

MY-ROBIN.COM

Let's talk about how we  
can support your school.

[cristy@my-robin.com](mailto:cristy@my-robin.com)

[www.my-robin.com/get-started](http://www.my-robin.com/get-started)