




May
is

Mental
Health
Awareness
Month

Love's Mosaic Life 







have an
Attitude
of
GRATITUDE

Thomas S. Monson.





BRAIN BREAKS



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GO OUTSIDE!



KEEP
CALM
AND
GET YOUR
GREEN ON



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EXERCISE!
HAVE FUN!

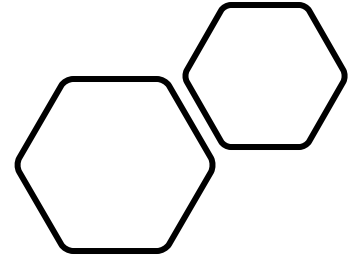
Do Your Best.

Forget the Rest.



<http://grscan.com/wp-content/uploads/2020/03/20-Ways-to-Build-Resilience-at-Home-Kids-edition.pdf>

CLICK ON THE LINK ABOVE FOR MORE ACTIVITIES



WHO'S AWESOME?

YOU'RE AWESOME

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