

Children's Mental Health Matters

May 2019

Welcome to the Children's Mental Health Matters 2019 partnership!

Thank you for participating with the Office of Children and Families in this free opportunity to help spread mental health awareness and develop family engagement with your community.

Children's Mental Health Awareness Week is May 5 - 11

What will you need to do:

- Have anywhere from one classroom up to the whole school do the short activities provided
- Send home emails (preferred) or letters to include families in mental health activities and information
- Post information and resources in your lobby
- Consider taking pictures to share with the OCF team on how activities are being implemented at your site (those that share pictures will be entered into a drawing for a free onsite parent workshop)
- Complete a follow up survey that will be sent to you after the event

Email or call your CARE Center consultant with any additional questions.

Introduction Packet contents: All information is also available at: www.howardcountymd.gov/ecmh

ReadyRosie invitation/ ReadyRosie Poster (Invite families to register in **April** {free}) *

Mental Health Campaign Poster *

Mental Health Calendar for May *

Early Childhood Mental Health Fact Sheets (Tips for Families/ Tips for Educators)

Children's Mental Health Matters book list

Poster for families to attend a free Family Institute parenting workshop*

Invitation to attend **Resilience Film** Screening (educators eligible to earn 2 CU -must register for CU)

Hi -Low Buffalo Lobby Chart *

MCF Pamphlet & Bookmarks and bracelets to support Children's Mental Health

Raising Happy, Healthy Children Brochure

Healthy in Mind and Body Brochure

CAREline Ad—Free Information, referral and education call line

Talk with Me Howard County

Choose2BKIND bumper magnet/ All Are Welcome Here Civility list

***Posters should be displayed in prominent areas for parents to see.**



Each packet has information about how to do the activities. The digital version of this information is available at www.howardcountymd.gov/ecmh Please share this with others that may be interested! Letters for families are recommended for email distribution since there are live links that people can click on for interactive information. Copy and paste the parent letters provided into an email body and include any additional center specific information. For parents that prefer handouts, you can print off. Posting letters for the week at the message board can show parents what emails to expect.

5 DAYS of Children's Mental Health Activities: Start with Parent Intro Letter week before

Day 1: Theme: Kindness *I treat myself and my students with kindness and respect.*

Book: *How Kind* by Mary Murphy

Activity: Record ideas about how children can show kindness to one another in school

Handouts: Kindness Jar Activity

Parent Email: <https://www.randomactsofkindness.org/the-science-of-kindness>

Day 2: Theme: Positivity *I can find the positive in myself and my students every day*

Book: *The Word Collector* by Peter H. Reynolds/ www.youtube.com/watch?v=gmqTgDoWOC8

Activity: Powerful Word Activity

Handouts: Powerful Word Cards

Day 3: Theme: Mindfulness *I am aware and mindful of my surroundings*

Book: *Mindful Monkey, Happy Panda* by MacLean and Alderfer www.youtube.com/watch?v=gfPbw2T8VII

Activity: Practice mindful exercise

Handouts: S.T.O.P. exercise and Starfish poster

Parent Email: <https://childmind.org/blog/mindfulness-how-and-why-it-works/>

Day 4: Theme: Empowerment *I motivate and empower my students*

Book: *Spaghetti in a Hot Dog Bun: Having the courage to be who you are* by Maria Dismody

Read Aloud: <https://www.youtube.com/watch?v=3cXWrUJIOK8>

Activity: 'I am Special' Self-Portrait. Children talk about what makes them special, focus on strengths.

Handouts: Thought for the Day Posters

Parent Email: <http://www.planetofsuccess.com/blog/2015/powerfully-positive-affirmations-for-kids/>

Day 5: Theme: Calmness *I am peaceful and calm and greet the day with ease.*

Book: *Breathe with Me Using Breath to Feel Strong, Calm, and Happy* by Mariam Gates

https://www.youtube.com/watch?v=r8526ba_ONM

Activity: Yoga activity with breathing practice

Handouts: Yoga cards

Parent Email: www.pbs.org/parents/food-and-fitness/sport-and-fitness/why-yoga-and-kids-go-together/

Howard County CARE Center, 410-313-CARE (2273)

The Family Institute, 410-313-1440 www.howardcountymd.gov/familyinstitute

Howard County Office of Children and Families, 410-313-1940

Children's Mental Health Matters www.ChildrensMentalHealthMatters.org

Educator Resource Kits: www.childrensmentalhealthmatters.org/educators-providers/educators-resources/