



# BEE WELL!

## MENTAL HEALTH AWARENESS MONTH COMMUNITY CALENDAR



### WEEK THEME

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### GRATITUDE

Don't forget to register for the district Community Cafe on 5/8!  
**WELLNESS FOR THE MIND AND BODY**



**1** Write a gratitude note to a staff member

**2** Thank someone in your life

**3** District-Wide Gratitude Chains

### SELF-CARE

**6** Laugh a little!

**7** Try a new healthy food

**8** Listen to a podcast  
**COMMUNITY CAFE**

**9** Organize something in your life

**10** District-Wide Digital Detox

### TEACHER APPRECIATION WEEK

### NATURE

**13** Read a book outside

**14** Go for a 15 minute walk

**15** Check in on Cornell's Barred Owls

**16** Eat a meal outside

**17** District-Wide Chalk-the-Walk

### EXPRESS YOURSELF

**20** Special Champions Building Sendoff  
**SPECIAL CHAMPIONS EVENT**

**21** Write 3 "I am affirmations"

**22** Compliment someone

**23** District-Wide HIVE HYPE Banners

**24** Flex Day - choose your own!

### BVILLE SPIRIT WEEK

**27** No School

**28** Bville Swag Day

**29** Comfy Clothes/PJ Day

**30** Inspirational Shirt Day

**31** District-Wide Green Out

### BUZZY SCHOOL VISITS

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