

# Children's Mental Health Awareness Week

May 6<sup>th</sup>-12<sup>th</sup>, 2012

## Sample Morning Announcement Scripts for Schools

**First day's Introduction:** "May 6-12<sup>th</sup> is Children's Mental Health Awareness Week. This week, we will be talking about the importance of being healthy not just in our bodies but in our minds. This means doing things to help ourselves and others feel better when we are sad, worried, angry, or scared. Each day this week on the announcements, we will learn a 'Coping Skill of the Day.' Teachers, please encourage your students to practice these in class together."

**Monday:** "Today's coping skill of the day is taking deep breaths. Breathe in through your nose for 3 seconds, hold the breath for 3 seconds, and breathe out for 3 seconds. Do this 5 times or until you start to feel better. Breathing deeply helps calm your body down and gives you time to figure out how to react to what is going on around you. REMEMBER, CHILDREN'S MENTAL HEALTH MATTERS!"

**Tuesday:** "Today's coping skill of the day is listening to music that makes you happy. Choose music or a song that has a positive message and makes you feel happy. REMEMBER, CHILDREN'S MENTAL HEALTH MATTERS!"

**Wednesday:** "Today's coping skill of the day is guided imagery, or imagining a happy place in your mind. Think of the place where you are the happiest, like your bedroom, your grandmother's house, or wherever you are the most happy. Close your eyes and imagine that you are there. Think about what you see, what you hear, what you smell, and who is with you. Imagining a happy place helps you feel better when you cannot change your surroundings. REMEMBER, CHILDREN'S MENTAL HEALTH MATTERS!"

**Thursday:** "Today's coping skill of the day is taking a break. Walk away from what is upsetting you and be by yourself for a few minutes until you start to feel calmer. Taking a break for yourself helps you to feel more in control and removes you from people or events that may be upsetting you. REMEMBER, CHILDREN'S MENTAL HEALTH MATTERS!"

**Friday:** "Today's coping skill of the day is talking to someone you care about. Talking to someone who you care about helps you feel understood and supported, and they may be able to help you solve your problem. Find people who you can talk to at home, at school, and in the neighborhood. Don't keep it to yourself when you are feeling hurt, scared, sad, or angry. REMEMBER, CHILDREN'S MENTAL HEALTH MATTERS!"

\*These suggestions were compiled by clinician Jennifer Lease, LGSW with the University of Maryland School Mental Health Program.