

CONNECTING WITH THE SCHOOL COUNSELOR

**CHILDREN'S
MENTAL HEALTH
AWARENESS DAY**



Happy, Healthy Kids TIP:

When your child makes a good choice, no matter how small, make a **BIG** deal out of it! Cheer for them, encourage them, and reinforce this behavior. When your child makes a mistake, guide them towards a better choice. But, try not to dwell on it and move forward together.

To prevent the "summer slide" and keep students learning this summer, enroll them in a summer reading program at your local library! They can work towards a summer reading goal.

May 7, 2026

National Children's Mental Health Awareness Day

A day to raise awareness of the importance of recognizing and addressing the mental health needs of children.

<https://nationaltoday.com/national-childrens-mental-health-awareness-day/>

We are Learning!

Self-control - control of our words and actions

Diversity - differences between people that make them unique

Feelings of transitioning to the next grade level

Let's CONNECT!

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