

Your  
Mind Matters



May  
2021

PLEASE CONTACT US WITH ANY QUESTIONS,  
COMMENTS, OR CONCERNS

### Students K-5:

Your emotions are important. Listen to how you are feeling and find ways to help you feel better!

[https://youtu.be/vnuS\\_OuDk2o](https://youtu.be/vnuS_OuDk2o)

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:75123e68-7abb-41fa-92c8-e9eac72fd095>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:c70b1a57-355f-4af8-b062-d22de702d4b0>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:8ba175e9-a633-4dbf-beb8-4444bd58b657>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:6a700457-f710-4413-b43a-7d7b2521d8ad>

### Students 6-8:

Mental Health is important. Start learning about what mental health is and how to improve your own mental health.

[https://www.youtube.com/watch?v=vnuS\\_OuDk2o&t=50s](https://www.youtube.com/watch?v=vnuS_OuDk2o&t=50s)

### Students 9-12:

Your mental health is important. Please be mindful of how you perceive mental health. Watch the video below to see how important it is to be mindful of mental health.

[https://www.youtube.com/watch?v=VQoiz4wfV\\_c](https://www.youtube.com/watch?v=VQoiz4wfV_c)

### Families and Staff:

Mental Health Matters. Use these resources below to improve your mental health!

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:f3cf03f7-f885-4c5c-8f63-90d6711a7cea>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:c7781530-dbdb-4d36-a301-de4911b0c5a5>

[https://youtu.be/vnuS\\_OuDk2o](https://youtu.be/vnuS_OuDk2o)

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:c104feb1-89fd-45c8-be58-a1c39b814584>

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