

HEALTHIER MINDS AT SCHOOL

As you start the new school year, remember to focus on your health just as much as your academic work.



GET OUTSIDE

Make time to play outside after school to enjoy the sunshine. It's a great way to boost your mood and feel ready for homework.



STAY MINDFUL

Before heading to school, take a deep breath, focus on the present moment, and get ready to take on the day with a calm mind.



BE YOURSELF

School is a great place to explore what makes you unique. Whether through art, music, or math, celebrate what makes you, you!



GET SLEEP

Create a bedtime routine that helps you unwind and get the rest you need to wake up feeling refreshed and ready to learn.



STAY ACTIVE

Join school activities that keep you moving, like sports, dance, or even just playing at recess. It's fun and great for your body and mind!



BE CONNECTED

Reach out to friends, classmates, and adults who support you. Remember, you are never alone, and you are valuable.