

# **National Children's Mental Health Awareness Week Virtual Activities May 2nd-May 8th**

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## **What is National Children's Mental Health Awareness Week?**

It is an entire week dedicated to teaching people about children's mental health, advocating to improve supports and services and celebrating all the work that has been done to raise awareness in the past! We celebrate the hope, strength and resilience of children, parents and families.

Caring Partners of Morris/Sussex, Inc. invites you and your family to participate in **free** virtual activities to commemorate National Children's Mental Health Awareness Week. Please join us in these activities to promote mental health and well-being.

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## **Sunday, May 2nd**

### **Activities from the National Children's Mental Health Awareness Week Activity Workbook: Just for Kids**

This workbook, created by the National Federation of Families, is filled with activities to help you and your family celebrate children's mental health awareness.

[Workbook](#)

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## **Monday, May 3rd at 7PM**

### **Exercise and Your Mental Health with Alex Torres from Healthy Body Healthy Mind**

Join Alex Torres for a fun exercise routine that will get you motivated!

Healthy Body Healthy Mind provides a holistic service where they help you see the interconnection between the body and the mind. In order to

achieve your greatness, you must take care of both your physical and mental health.

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### **Tuesday, May 4th at 7PM**

#### **Yoga/Mindfulness with Mychal at Konscious Youth Development and Service**

KYDS (Konscious Youth Development & Service) is a non-profit organization dedicated to transforming youth, schools, and communities through holistic practices. Through mindfulness, self-awareness, and social emotional learning KYDS empowers and awakens the greatness that exists within each beautiful being!

Join co-founder Mychal Mills for a rejuvenating session of mindful movement, breath, and Konscious conversation. Youth will learn tools to help to release stress and anxiety and increase peace and balance from within.

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### **Wednesday, May 5th at 7PM**

#### **Hip Hop Dance with Martha Lavery**

Learn a Hip Hop dance that will keep you moving!

#### **About the Instructor:**

Martha Lavery teaches dance in public school/charter school/studio/open class settings to kindergarten students through adults in Hip-Hop, Contemporary, Jazz, Heels, & her “genrefluid” style, and continues to produce her own choreography for both stage and film. She is also a (305) Fitness certified instructor.

Martha has an extensive resume, including performing for over 50 choreographers and dance companies, having students perform her choreography at Carnegie Hall, and much more.

Sign up to get the link. Link will be sent out on day of activity at 7PM.

[Get Link](#)

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### Thursday, May 6th at 7PM

#### Live Author Reading of **Giving Hope: A Child's Journey Through a Pandemic**

Join us for a live reading of by book's author, Dr. Toni Wengerd with Q &A.

##### **About the Book:**

Life was busy, exciting, normal - until, with one phone call, everything changed. Everything was cancelled and shut down until further notice. While navigating the stay-at-home order during the pandemic, many different emotions were felt. This story is told through a child's journal entries that demonstrate many of these emotions. What begins with worry and frustration evolves, with this story showing how one child learned ways to give hope even when things seemed hopeless.

**About the Author:** Dr. Toni Wengerd is a wife, mother of four, and an elementary school teacher. She has been a public school teacher in Pennsylvania for nineteen years. Her free time is dedicated to her family, and she can be found volunteering with the children's ministry at her church. Her children were the inspiration for this story as they navigating the shutdown during COVID-19.

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### Friday, May 7th at 5pm

#### **Say Yes to Fruit and Vegetables**

#### **Live Demonstration with SNAP-ED**

This is an interactive workshop designed to help you eat healthy and move more, even in these uncertain times. Just Say Yes to Fruit and Vegetables(JSY) is a program through SNAP-ED that aims to support healthy living through the promotion of increased activity and fruit and vegetable consumption. Join us to learn more about physical activity and how to make fresh mango salsa!

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## **Saturday, May 8th**

### **Neighborhood Scavenger Hunt**

Take a walk around your neighborhood and see how many things you can find on the list. This is a fun way to explore your surroundings and get moving!

[Scavenger Hunt List](#)