



## Valley View Mental Wellness Challenge May 2025

Throughout the month of May, Valley View will be engaging in conversations about Mental Health and ways to support our mental health.

Supporting our mental health can look like connecting with family and friends, sound like meaningful conversations with others and feel like participating in activities we enjoy. We've provided some examples in the chart below.

There will be a prize draw at the office for those interested in participating. Thank you for your support as we have these important conversations about Mental Health.

Student(s)' Names: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Activity	Tally	Parent Initials
Play a backyard or park sports game as a family or friends		
Take a walk in the forest		
Bake cookies together		
Have a screen-free weekend		
Go for a family swim at the Sports or Aquatic Centre		
Go for a jog or walk with an adult		
Talk about your day during with others during dinner		
Go for a family bike ride		
Read together every night for a week		
Go out in the community and watch the Snowbirds perform		
Make a meal together		
Eat dinner together without screens		
Take a walk along the beach		
Bring flowers to your neighbour		
Share a highlight of your day for 5 days in a row		
Do a paint project together		
Share 5 things that you are thankful for		
Share with someone why you appreciate them		
Work on a puzzle with others		
Write someone a "pick me up" note		
<b>Total Entries:</b>		

Please hand this form in to the office by May 30<sup>th</sup>. Prizes will be awarded on June 2<sup>nd</sup>.