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October 4-10 Mental Illness Awareness Week I have shared some Social Emotional Learning (SEL) activities with staff to use with students and themselves.

Self-Awareness for Mental Health: Techniques

- Mindfulness Meditation.
- Grounding techniques, and reconnecting to the Earth.
- Tai Chi, Qigong, or Yoga.
- **Strength Assessments**, such as the Values in Action Strength Test, from the University of Pennsylvania.
- Journaling.
- Having a Personal Vision.
- Observing others.

National Educational and Health Awareness Dates

1 International Day for Older Persons

2 World Smile Day

4-10 Mental Illness Awareness Week

5-9 Solidarity Week

5 Child Health Day 5 World Teacher's Day

7 Walk to School Day

8 National Depression Screening Day

10 World Mental Health Day

12 Indigenous Peoples' Day

16 World Food Day

17-23 America's Safe Schools Week

19-23 National School Bus Safety Week

21 Unity Day/Stop Bullying Day

ADHD Awareness Month

Bullying Prevention Month

Communicate with Your Kids Month

Computer Learning Month

Health Literacy Month

National Depression and Mental Health Screening Month

Positive Attitude Month



October is

National Bullying Prevention Month

Together we can create a world without bullying