



December Wellness



Black Gold Outreach School and Home-Based Education
Family Newsletter



MENTAL HEALTH MINUTE

The Importance of Taking a Break

As students get into a busy course load in school, along with extracurricular activities and socializing, it can be difficult to recognize that young people are in need of frequent breaks as much as their older counterparts.

Taking regular breaks allows students to refuel, which can increase creativity, promote healthy habits, and improve memory.

Teaching young people to take breaks and prioritize their mental wellness allows for success in school and in personal endeavors.

Mental Health Days: Is There Value?

Mental Health Days are also known as "rest days", and are used more frequently by families, to allow their children time to emotionally recharge and recover from the pressures of school. All children, whether they are high achieving or struggling with school work, need time to prioritize their mental wellness. School can be demanding for children of all ages, and an intentional break help to prevent the development of more serious mental health needs.

DECEMBER CHALLENGE

Practice mindfulness along with physical relief: **Engage in 10 minutes of stretching every day in December.**

[Kids Stretching Exercises](#)
[10 Minute Stretch Routine](#)

"Balance your sense of social obligations against your need for self-care."



BOOKS ON MENTAL WELLNESS

Links to audiobook included

Kindergarten - Grade 3: [The Very Cranky Bear by Nick Bland](#)

Grade 3 - Grade 7: [Guts by Reina Telgemeier](#)

Grade 7 - Grade 12: [Hey, Kiddo by Jarrett J Krosoczka](#)

Grade 10 - Grade 12: [I Am Not Your Perfect Mexican Daughter by Erika Sanchez](#)

JOKE OF THE MONTH

What do you get when you cross a snowman with a vampire?

Frostbite

