



June Wellness

Black Gold Outreach School and Home-Based Education
Family Newsletter



MENTAL HEALTH MINUTE

Mental Fitness

With some much needed rest soon incoming for students, some may be looking at keeping mentally sharp through the summer. Not only can this be useful for over the summer, but strategies that help maintain cognitive fitness can also improve memory, focus, and general brain function as we age and potentially experience some mental decline. Some of these exercises that we can utilize during break and during life are:

- Space things out: spacing out cognitive tasks helps to improve memory.
- Keep learning new things: education is critical for better mental functioning as people age by keeping memory strong and activating brain cells.
- Engage your senses when creating new memories: utilizing your senses activates more of your brain, which can help to retain more of this memory.
- Prioritize your brain capacity: take advantage of technology and routines such as reminders and schedules to conserve your cognition for new thoughts and ideas.

There are a variety of activities that can support your brain health, such as jigsaw puzzles, meditation, brain games, learning a new language, creating art, and learning a new skill. Make time this summer for some fun and cognitive growth!

JUNE CHALLENGE

Make time for one new brain-boosting activity each week.

BOOKS ON MENTAL WELLNESS

Links to audiobooks included

Kindergarten - Grade 3: [The Day the Crayons Quit](#) by Drew Daywalt

Grade 3 - Grade 7: [James and the Giant Peach](#) by Roald Dahl

Grade 8 - Grade 12: [The Hitchhiker's Guide to the Galaxy](#) by Douglas Adams

Grade 10 - Grade 12: [It's Kind of a Funny Story](#) by Ned Vizzini

JOKE OF THE MONTH

What do you call strawberries playing music together?

A jam session.

