



May Wellness

Black Gold Outreach School and Home-Based Education
Family Newsletter



MENTAL HEALTH MINUTE

Nature to Nurture Well-being

Spending time outdoors is a great way to enhance your wellbeing. Time in nature, sunshine (with the proper sun protection), and fresh air can boost physical and mental health in many ways, including:

- Better breathing
- Improved Sleep
- Reduced side effects of long-term stress
- Motivation to exercise and spend time with friends and family
- Recover from long periods of time spent on screens
- Improve emotional well-being

Spending time in green spaces (grassy, forested, etc. environments) and blue spaces (aquatic environments) can be good for our wellbeing. Blue spaces may have even higher environmental quality to benefit our wellbeing, but are not as easily accessible every day. This is because they have a more diverse amount of species that inhabit these spaces.

All-in-all, any time that can be spent outdoors can boost our physical, mental, and emotional wellbeing.

MAY CHALLENGE

Try to spend plan three outdoor times/activities each week this month.

BOOKS ON MENTAL WELLNESS

Links to audiobooks included

Kindergarten - Grade 3: The Curious Garden by Peter Brown

Grade 3 - Grade 7: The River of Adventure by Enid Blyton

Grade 8 - Grade 10: Looking for Alaska by John Green

Grade 8 - Grade 12: The Man in the High Castle by Philip K. Dick

JOKE OF THE MONTH

What did the beaver say to the tree?

It's been nice gnawing you.

