



Full Day Kindergarten Calendar

Important Days:

Mental Health Awareness Month
Asian Heritage Month
Jewish Heritage Month

11th – Mother's/Important Grown-up Day
15th – International Day of Families
16th – Endangered Species Day
19th – Victoria Day – Closed
20th – World Bee Day
30th – World Multiple Sclerosis Day

This Month:

Since it is Mental Health Awareness Month we will be working on our building our 2.3 Self-esteem to help improve our overall mental health. We will be talking about positive things about ourselves. We will be focusing on our strengths and saying individual and group "I" statement affirmations.

Some examples of affirmations:

- I am smart.
- I am powerful.
- I am strong.
- I can do anything.
- I am unique and special.
- I love myself.
- I can do hard things.
- I can solve the problem.
- I am a leader.

These are easy things to make into a daily habit with yourself and child.

Here is a great Video to watch called "Self-Esteem For Kids - 10 Ways To Build Self-Esteem & Self-Confidence"
<https://www.youtube.com/watch?v=5BuHC8wBdBU>

Things to do at Home:

Physical activity is a great way to help someone's overall mental health. Here are some ideas to do at home.

1. The floor is lava.
2. Scavenger hunt.
3. Obstacle course.
4. Freeze dance/Dance party.
5. Simon says fitness.
6. Obstacle course.
7. Stuff animal hide and seek/
Treasure hunt.
8. Balance a book on your head
around room.
9. Make a cardboard box creation
10. Bean Bag Toss
11. Build a fort.
12. Balloon Keep up.
13. "Butterfly" catch – Using
Feathers, throw them in the air
and catch them with net/or
hands.
14. Game: Not in My Backyard: Spilt
room in half with tape. Put 20
cotton balls/balled up paper on
each side of the tape. First side
to get all balls on the other side
wins.
15. Game: Pick up Toys with Your
Feet – use your feet to pick up a
toy and put it in a basket/target.



Challenge them to lay down on their backs and pick up the soft toy with their feet. They need to bring the toy over their head and place it in the basket.

Important Reminders:

- ❖ **Mistakes are opportunities to learn and grow.**