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Healthy Choices Count!

MAY

Move More for Your Mental Health

Mental Health Matters

Mental health is just as important as physical health—especially for kids. How we think, feel, and handle big emotions matters every day. May is Mental Health Awareness Month, a great time to check in with yourself and others. Everyone has feelings, and it's OK to talk about them. It's also OK to ask for help. Moving your body, connecting with others, and taking breaks are simple ways to help your mind feel better.

Move More, Feel Better!

Try to get moving for 1 hour a day to support your health and feel your best! The best part is, movement doesn't have to be hard, it can be fun!

Try these activities:

- Dance to your favorite song
- Play tag or a playground game
- Ride your bike or take a walk
- Shoot hoops or kick a ball
- Do a quick "brain break" (jumping jacks, stretching, or silly moves)

Need to calm down or reset?

- Take a walk outside
- Try yoga or stretching
- Take deep breaths while you move

Find more Mental Health Awareness Month tools and resources in our free Make It OK toolkit at **makeitokiowa.org**