

Roadmap to Wellness

February - Spread the Love

1. Rational

Spread the love this month by ensuring students and staff on your campus are feeling connected.

Remind students it's okay to say, "I'm not okay" and that others care about them.



2. Connect to Student Body

- Put up hearts with the names of every student.
- Plan an event for students who enroll this month.
- Teach self-care: breathing, yoga, etc.
- Have a Parentines Day
- Have Be You-Tiful Week



3. Connected Campus

- Celebrate National School Counselors Week
- 10 Things You Don't Know about Me Quiz



4. Connected to Resource

- Post information about National Eating Disorders Week
- This is Teen Dating Violence Awareness/Prevention Month. Invite
- Encourage interested students to apply for the National Work2BeWell Student Advisory Board.



School To-Do/Checklist:

