

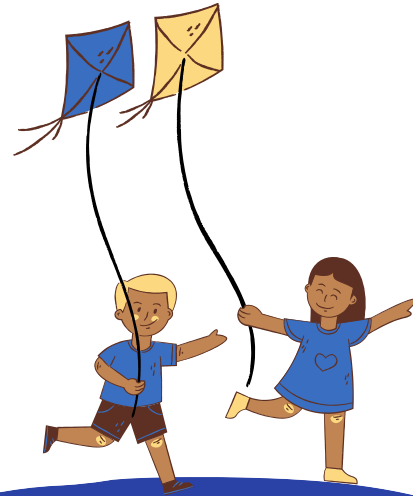


SAPULPA PUBLIC SCHOOLS

MENTAL HEALTH

NEWSLETTER

for kids



Pssst. Did you know self care is important for your mental health?

WHAT IS MENTAL HEALTH?

Mental health is how we think, feel, and act. It is important!

Self Care for Kids

MOVE YOUR BODY



EAT HEALTHY

BE SOCIAL



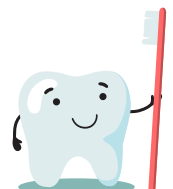
GET A GOOD NIGHT'S SLEEP



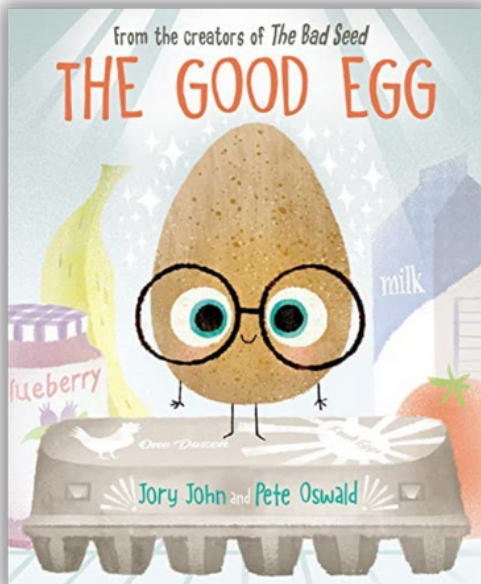
HAVE HAPPY AND THANKFUL THOUGHTS



KEEP YOUR TEETH AND BODY CLEAN



A GOOD BOOK ABOUT SELF CARE



[Click here to watch the story on YouTube!](#)

