

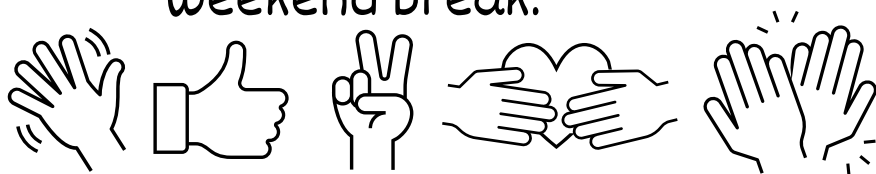
# Morning Meeting- Monday

September

9

## Greeting

- Greet each student and ask them to share something positive about their weekend break.



## Video of the Day



## ACTIVITY

- Share Suicide Awareness Prevention Calendar ([HERE](#))
- Visit the [Ohio Suicide Prevention](#) Website and scroll around

## Morning Message

This week we will be discussing a sensitive topic-- suicide. If you are feeling uncomfortable or triggered by the topics, please reach out to a trusted adult in the building. This week, we will learn skills to help us identify warning signs and tools to help us help those who are struggling.

## Daily Holidays

- Suicide Prevention Awareness Month
- Care Bears Share your Care Day
- Emergency Services Day
- International Sudoku Day
- Wonderful Weirdos Day
- Teddy Bear Day

# Morning Meeting- Tuesday

## Greeting

- Greet each student and ask them to share the name of a trusted friend or adult in their life.

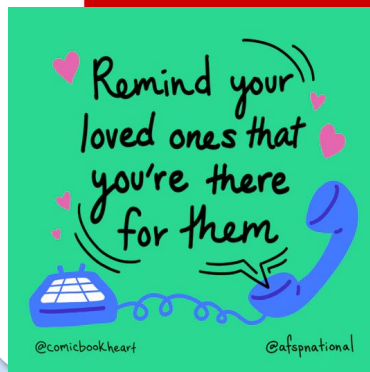
## Video of the Day



## Activity

- Share Suicide Awareness Prevention Calendar ([HERE](#))
- Give each student an index card or post-it note. Have students write a positive note of encouragement to give to someone during the day. Check out some inspiration ([HERE](#))

## Morning Message



September

10

## Daily Holidays

- National Ants on a Log Day
- Swap Ideas Day
- World Suicide Prevention Day
- National TV Dinner Day

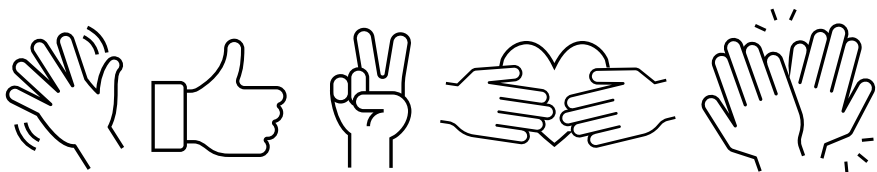
# Morning Meeting- Wednesday

September

11

## Greeting

- Greet each student and ask them to share something they LOVE about themselves.



## Daily Activity

- Share Suicide Awareness Prevention Calendar ([HERE](#)).
- Name someone who plays a 'bright spot' in your life.



## Daily Holidays

- Libraries
- Remembrance Day
- National Make Your Bed Day
- Patriot Day

## Video of the Day

You are not alone.

## Morning Message

IF YOU START TO FEEL OVERWHELMED:

- ♥ TAKE CARE OF YOURSELF
- 💬 SPEAK TO SOMEONE YOU TRUST
- ✓ KEEP YOUR DAY TO DAY CONSISTENT
- 🌀 BE HONEST ABOUT FEELING OVERWHELMED



TEND TO YOUR  
MENTAL HEALTH  
GARDEN



# Morning Meeting- Thursday

## Greeting

- Greet students and ask them to share words of encouragement with each other.

## Video of the Day

If you're contemplating suicide, please call the Suicide Prevention Lifeline:  
1-800-273-8255

## Sharing

- Share Suicide Awareness Prevention Calendar ([HERE](#))
- Name someone who gave you support this week.

## Morning Message



September

12

## Daily Holidays

- Are you OK Day?
- National Chocolate Milkshake Day
- National Day of Encouragement
- National Police Woman Day
- National Video Game Day

# Morning Meeting- Friday

September

13

## Greeting

- Greet each student and ask them to share something they're looking forward to this weekend.



## ACTIVITY

- Share Suicide Awareness Prevention Calendar ([HERE](#)).
- Ask students to share their favorite teams they support.

## Morning Message

We all have different ways of coping with stress and difficult emotions. Some people exercise, some people listen to music, and some people engage in self care. Think about the things that help you calm down and make you feel better. Then, write them down so you can refer back to them when you need to. The next time you're feeling stressed or overwhelmed, try one of the coping mechanisms on your list.

## Video of the Day

### Self-Care



## Daily Holidays

- Friday the 13th!
- Bald is Beautiful Day
- Defy Superstition Day
- International Chocolate Day
- National Doodle Day
- National Hug Your Boss Day
- Positive Thinking Day
- Supernatural Day