



Walkin' and Rollin' Pen Pals

May 2021



Safe Routes
to Schools

Alameda County
Transportation Commission

Alameda County Safe Routes to Schools Program
Learn more at alamedacountysr2s.org

Theme:

This month's theme is **Mental Health**, something not often discussed but extremely important for both adults and children. Nationwide, communities are celebrating Mental Health Awareness Month, and we are too. Our mental health affects how we feel, think, and act. Walking, bicycling, and being outside in nature can help us feel better and help our mental health by making us feel less anxious or stressed. Another way to prioritize mental health is by spending time with our friends and families, in-person or virtually. To learn more, you can watch this video about what mental health is and how we can support it. (For grades: [K-2](#), [3-5](#))

Activities:

- Magic Breaths – When you are nervous, taking a deep breath can help you feel less anxious. To remind yourself, create a [breathing wand](#) using recycled materials. Write in your journal about how and when you'll use your breathing wand.
- Happy List - Create a list of people you are comfortable talking to and things that make you feel happy. Keep this list to help you remember who you can talk to and what you can do when you are upset.
- Express Yourself - Practice writing down or saying out loud how difficult moments made you feel. Write a letter to someone you feel comfortable with about a difficult moment for you this week.

How To:

Here is a helpful [video](#) to show you how to write a letter.

Share your letter:

If you feel comfortable sharing your letter, you can deliver letters by walking/rolling to the post office or a mailbox. Use [this link](#) to find post offices or mailboxes near you, or deliver the letter by hand. You can also send letters to classmates—ask your teacher how to exchange them!



METROPOLITAN
TRANSPORTATION
COMMISSION

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