

MENTAL HEALTH AWARENESS MONTH

READING COMPREHENSION



Mental Health Awareness Month

Message to the Role of Family and Friends in Mental Health

Family and friends play a significant role in supporting individuals with mental health issues. Sometimes, the most important thing a person can do is listen. Mental health awareness month encourages family members and close friends to provide a safe, non-judgmental space for their loved ones to express their feelings. This support can be vital during a crisis, or when someone is struggling with a long-term condition. It's about being there for someone during a difficult time, and emotional support is just as important as physical support in a person's mental health journey.

Comprehension Questions

- 1. What role do family and friends play in supporting someone with mental health challenges?
- 2. Why is emotional support important for people with mental health issues?
- 3. How can a friend or family member help someone struggling with mental health?

Mental Health Awareness Month

Message to: Taking Steps for Your Mind

Sometimes, we all need a break to relax and recharge. Whether you're busy playing a game, doing homework, or spending time with friends, it's important to take short breaks during Mental Health Awareness Month and throughout the year. Taking breaks helps you think more clearly, stay focused, and taking breaks are also fun! Think fun, and feel better. It's okay to rest when you feel tired or stressed—it's good for your mind and body.

Comprehension Questions

- 1. Why is it important to take breaks for your mind?
- 2. What are some things you can do during a break to relax?
- 3. How does taking breaks help you feel better?

Mental Health Awareness Month

Message to: Taking Steps for Your Mind

Understanding of your mind is just as important as taking care of your body. Mental health awareness month reminds us to take steps to protect our thoughts, feelings, and mental well-being. Taking short breaks, like drawing, playing games, or listening to music, helps your brain feel fresh and healthy. When you feel stressed, try taking deep breaths, resting, or talking to someone. Taking care of your mind makes you feel better and helps you understand more about.

Comprehension Questions

- 1. Why is it important to take care of your mind?
- 2. What are some fun things you can do to keep your brain healthy?
- 3. How does resting or talking to someone help you feel better?

12 PAGES

TEACHER'S TREASURE RESOURCES

Reading Comprehension This Month Returns

J Spring



Reading Comprehension This Month Returns:

Reviewing **Reading Comprehension This Month Returns**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Reading Comprehension This Month Returns**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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