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BUILD MENTAL HEALTH INTO YOUR WEEKLY ROUTINE!

Assign students a weekly journal prompt about self-love.

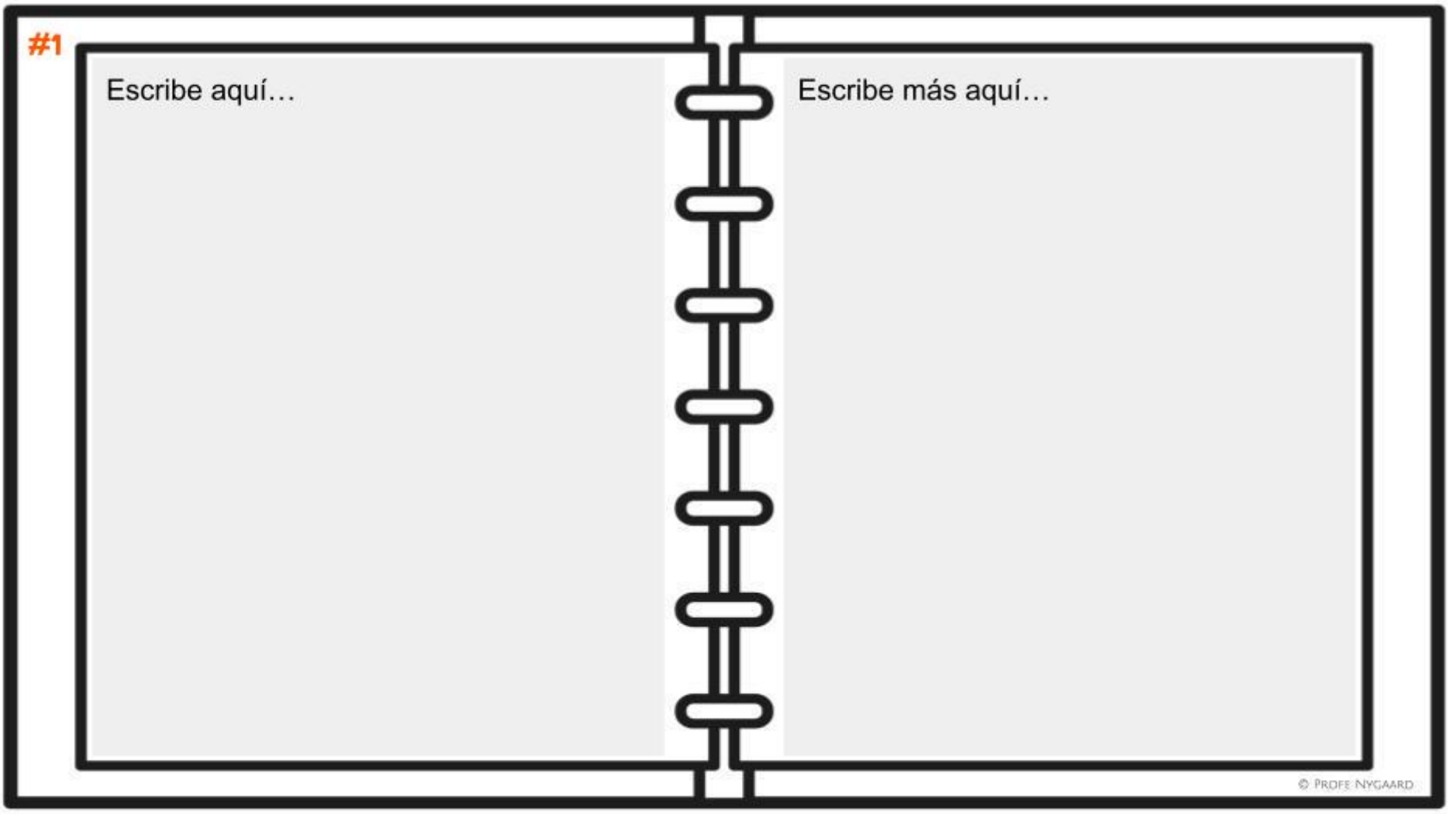
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40 SLIDES in Spanish with a positive affirmation and journal prompt.



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