

## IDEAS FOR AWARENESS ACTIVITIES

- Announcements with positive quotes, facts, practical self-care tips
  - **Door decorating contest**
    - Poster contest with positive messages
    - **Host Comedy Sketch Show or a Poetry Slam**
  - Create a Public Service Announcement focused on wellness
- **Set Up a Challenge: unplugging from social media for 24 hours; exercise routine; step count; drinking more water, etc.**
  - Tie activities into Kindness Week (Feb. 13-19): develop a project to help your school, local families, or your community
    - **Spirit Days or Spirit Week: e.g., School Spirit; Emoji Day; Wear PJs; Mix It Up Day; Dream Day (dream job or passion); Wear Green (ribbon color for MH Awareness), etc.**
      - Host a Wellness Walk
- **Self-Care Day: Have self-care stations, make positive announcements to start the day, post positive quotes and/or ways to participate in self-care, put tips for self-care on your social media and/or messaging, etc.**
  - Assemblies or pep rallies focused on mental health and resources
  - **Encouragement wall for youth and adults to leave positive messages**
- Create a small pamphlet with all the information displaying mental health information and the suicide & crisis lifeline
  - **Meditation/stress management unit in health/PE class**
- Letter writing campaign: postcards to youth with notes of encouragement; Thankful Thursdays: youth send notes to adults; notes sent from the upperclassmen to the lower classmen
- **Pay It Forward activity or volunteer event that everyone can participate in**
- Create Wellness Wednesdays with these topics and share out information:  
Week 1. Awareness/Education; Week 2. Resources; Week 3. Self-care;  
Week 4. Connection/Speak Up

**BE CREATIVE AND ASK YOUTH TO HELP WITH PLANNING!**