

# Promoting Mental Health

## *Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Working in small groups, students identify key messages about mental health that they know well. They then create and implement a promotional strategy to share their positive message(s).

## Why Do It?

Help to create a welcoming and healthy learning environment in your school. Identify something you know about mental health and share it with your school community.

## How Do We Do It?

Working in a small group, students create 3–4 key message sentences regarding mental health and emotional well-being.

Each group selects one message and brainstorms ways this information can be communicated within their school community. For example, you might utilize the following:

- A series of tweets from the school Twitter account
- Articles for the school's blog
- Guest speakers
- Lunch hour yoga

- School meditation club

Each group then completes an action plan for how they plan to complete their activity and puts their plan into action.

Be sure to engage a school mental health professional or leader to vet the content of your guest speakers, articles, or social media communication, to ensure these align with best practices for school mental health awareness initiatives.

## What Else Do We Need?

- Paper
- Writing utensils

## How Do We Get Creative?

Classes or different school clubs join together to collaborate on their promotional activity.

Groups make a priority of bringing members of the community to partner with the school for their activity.

Adapted from: Ophea. (2015). Level Up.