

www.DirectingChangeCA.org



Directing Change

Program and Film Contest



WELLNESS • RECOVERY • RESILIENCE



What is Directing Change?

The Directing Change Program & Film Contest is a free and evaluated program that engages youth to learn about **mental health, suicide prevention** and other critical health and **social justice** topics through film and art.

Youth are exposed to knowledge about the topics of **mental health, suicide prevention, and social justice** through educational resources, instructional tools to educators, and additional resources to further learning about the basic components of these topics. From here, youth must apply their knowledge to create their own unique message about suicide prevention, mental health and social justice for their peers. The creative process of filmmaking and creating art requires youth to synthesize their knowledge resulting in a deeper level of understanding.

***NEW* *Hope & Justice* Category**

With everything going on right now, many youth are looking for ways to share what they are experiencing, how they are coping, and explore what drives them to stay hopeful for the future. **The *Hope & Justice* category is an opportunity for youth living through history to express their feelings and to inspire others through art.**

- Submissions are due at midnight of the last day of the month
- Any art form suitable for sharing via social media is acceptable: original music, dance, spoken word, art, poetry, film, a speech, ANYTHING
- First place (\$300), Second Place (\$150), Third Place (\$100), and Honorable Mention (\$25) in Amazon gift cards





Submission Steps

Select Content

- Hope, Justice, or monthly prompt

Select Format

- TikTok, 15-second animation or 60-second films (mp4 or mov film files)
- Radio PSA, original music or spoken word (mp3 audio file)
- Visual Art: painting, comic, sketch (png or jpeg)
- Blog, poem or other narrative (doc or pdf)



**Fill out Entry Form and upload
your art**

Sign release forms

(parent and guardian
signatures required if
under 18)

3 Topic Options for Hope and Justice Category

HOPE

Create a film, song, narrative, or piece of art that shares your story and encourages others to find their own way to get through tough times.

- What helps you get through tough times? Are you practicing self-care through reading, dancing, listening to music, writing, watching your favorite films? And what if that isn't enough?
- What do you see or experience in your life or community right now that gives you hope during this challenging time?

JUSTICE

Our perspectives are shaped by our own backgrounds, identities, families, friends, life experiences and more.

- Create a project that shares a perspective or your personal experience with discrimination or injustice because of who you are, in a way that gives others a glimpse of what it is like to walk in your shoes and live in your skin.
- Create a project that combats bias by increasing knowledge and encouraging actions young people can take to take a stand against injustice.

OR CHOOSE FROM MONTHLY SUBMISSION PROMPTS:

WHAT THIS ELECTION
MEANS TO ME

HOPE IS...

CREATIVE WAYS TO
MEASURE 6 FEET
PHYSICAL DISTANCING

MY REASON FOR
WEARING A FACE COVERING....

WHAT MAKES YOU
FEEL BETTER WHEN YOU
ARE FEELING DOWN?

Visit DirectingChangeCA.org for the calendar of monthly prompts!

January's Prompt Due January 31, 2021

This month's prompt is: **My Beautiful Brain**

In partnership with:



“Total **brain health** is influenced by education, **physical exercise**, **food** and nutrition, mental **health awareness**, **sleep** and relaxation, and **social** interaction.”

Educator Lesson Plan Tips!

These Mini-Lesson Plans can be used individually during one class period or spread out during a week or few weeks and include activities that can be assigned as homework or extra credit assignments.

Mini Lesson Guide List:

- Lesson #1: The Adolescent Brain vs. The Adult Brain
- Lesson #2: Staying Connected for a Healthy Brain
- Lesson #3: Exercise and the Brain
- Lesson #4: Eat Smart
- Lesson #5: Sleep and the Brain
- Lesson #6: Protect your Brain



For a 60-minute class period we recommend:

- Lesson #1: The Adolescent Brain vs. The Adult Brain - AND – Lesson #6: Protect your Brain (as a homework assignment)

or

- Lesson #2: Staying Connected for a Healthy Brain - AND - Lesson #5: Sleep and the Brain

Or

- Lesson #3: Exercise and the Brain - AND - Lesson #4: Eat Smart

My Grey Matterz



The goal of My Grey Matters is to educate, empower, and advocate for individuals to protect their greatest asset... Their brain!

My Grey Matters works with professional athletes, medical experts, passionate educators, youth, and parents to create a well-rounded, inclusive environment, around total brain health. Through highlighting subjects like brain trauma and social emotional well-being, individuals are empowered to make positive life choices like wearing helmets at the skatepark and showing compassion to others.

Their vision is to generate healthier individuals through education on the physical and emotional well-being of the brain, creating total brain health.

Learn more at <http://www.mygreymatterz.org/> OR www.mygreymatters.com



“Creating individual and community connection through education, inclusion and social & emotional well-being. A better tomorrow starts with a healthy brain.”

Mini Lesson Plan #1 – The Adolescent Brain vs. the Adult Brain

THINK: How is the adolescent (10-19 years old) brain different from the adult brain?

ACTIVITY 1: Watch

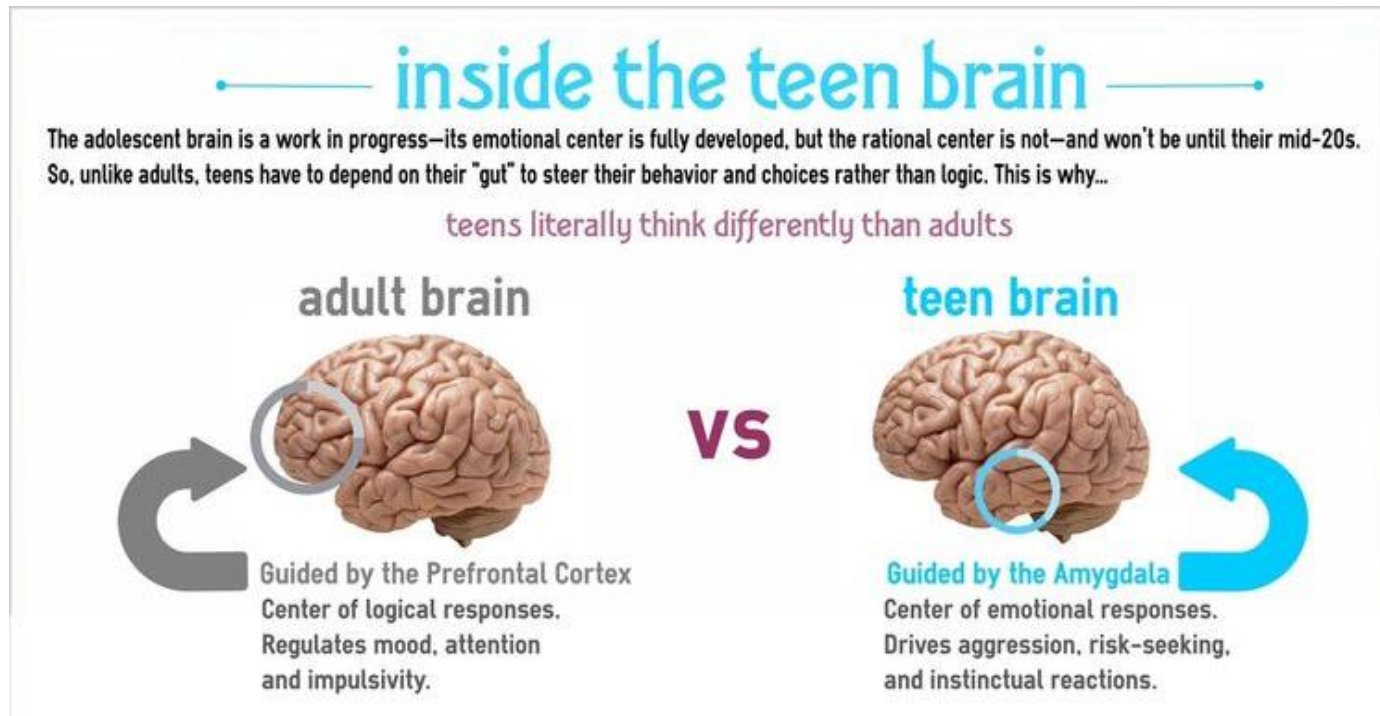
- The Adolescent Brain: <https://youtu.be/001u50Ec5eY> (4:36)
- The Teenage Brain: Wired to Learn: <https://youtu.be/1GSvzgrBKaM> (3 mins)



Mini Lesson Plan #1 – The Adolescent Brain vs. the Adult Brain

DISCUSS:

1. What are some differences between the adolescent brain and the adult brain?
2. What are some advantages of the teen brain that we learned about in the second video “The Teenage Brain”?
3. How can parents, schools, communities and society respond to research that shows teenage brains are different than adult brains?



Mini Lesson Plan #1 – The Adolescent Brain vs. the Adult Brain

Assignment: Watch & Practice

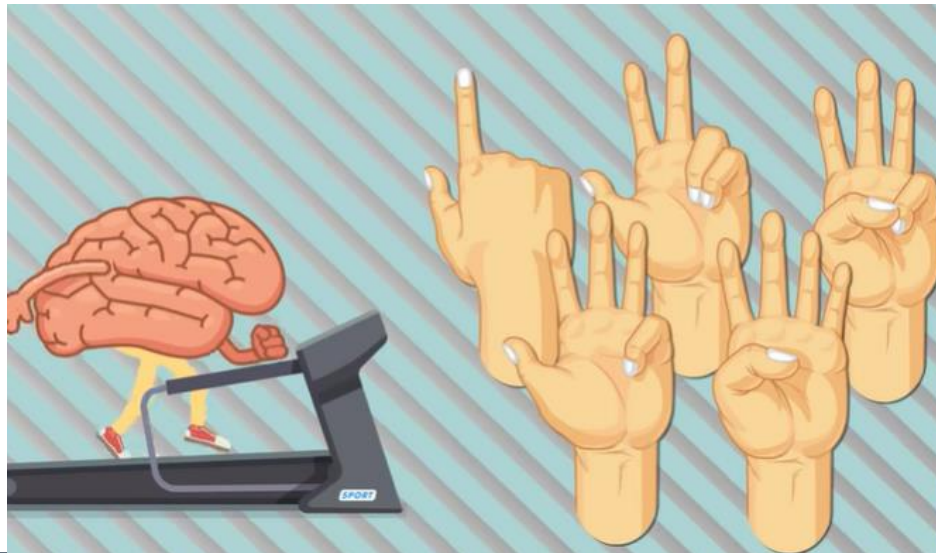
- Watch: 9 Brain Exercises to Strengthen Your Mind: <https://youtu.be/pCpiteBel8E> (10 mins)

Practice doing some of these exercises and share the exercise you enjoyed the most with your class next time you meet.

DISCUSS:

1. Do you know any other exercises you can do to keep your brain active and your mind sharp?

“What you do with your mind can change the activity and structure of your brain.”



“An integrated brain is the pathway towards wellbeing”

Mini Lesson Plan #2 – Staying Connected for a Healthy Brain

THINK: Research shows that a feeling connected to others reduces stress, combats depression and enhances the brain. What are some brain healthy ways we can stay connected with one another, especially now?

ACTIVITY: Watch

- 3 Components of Connectedness- Fighting Loneliness During COVID-19 Coronavirus Social Distancing - <https://youtu.be/eVEtKAY45Rw>
- Train Your Brain to be Kinder - <https://youtu.be/ccvFBGhBKg4>

Treasure your loved ones. Be social. Have purpose in life.



DISCUSS:

1. Think of 3 people that you can practice the kindness exercise on. Now do it! Are there any other ways you can train your brain to be kinder?

Mini Lesson Plan #3 – Exercise & the Brain

THINK: We know exercising is good for our physical health, but how does exercise impact our mental health and brain?

ACTIVITY: Watch

- Exercise and Mental Health: https://youtu.be/CRuKrB_ItH8 (3:34)
- Exercise = Brainpower? <https://youtu.be/oEPFbkDrYuM>

DISCUSS:

1. What can you do to build your brain -- and have fun while you do it?



Mini Lesson Plan #3 – Exercise & the Brain

ASSIGNMENT:

- Exercise is good for your brain and can help you focus, problem solve, and remember information and ideas.

For 1 week complete this tracking sheet. You'll rate how well you think you performed on homework and assignments or brain games and track whether or not you exercised beforehand.

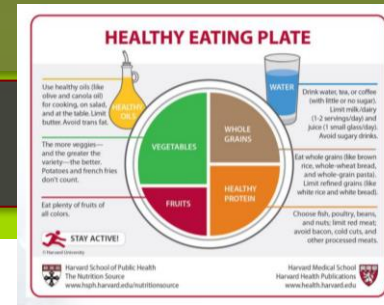
Your Brain After Exercise Tracking Sheet

Date	Type of homework assignment or brain game	Did you exercise for at least 10 minutes before starting?		On a scale of 1-5, how do you feel about how you performed on this assignment or brain game? 1=I did very poorly 2=I didn't do very well 3=I did okay 4=I did pretty well 5=I rocked it!
		Yes	No	
				1 2 3 4 5
				1 2 3 4 5
				1 2 3 4 5
				1 2 3 4 5
				1 2 3 4 5
				1 2 3 4 5
				1 2 3 4 5

DISCUSS:

- Did you notice a difference for yourself between times when you exercised and when you didn't?

Mini Lesson Plan #4 – Eat Smart



THINK: Research shows that a healthy diet can improve brain performance and brain function. But what exactly is a “healthy brain diet”

ACTIVITY 1:

Watch: How the food you eat affects your brain: <https://youtu.be/xyQY8a-ng6g>

DISCUSS:

1. Based on the video, how are foods that you are currently eating and are on the list you created earlier affecting your brain function such as mood, sleep and alertness?



ACTIVITY 2: Healthy Plates



**You Are
What
You Eat!**

1. List all the foods you have eaten in the past 24 hours, by meal (including snacks), on a separate sheet of paper.

DISCUSS:

1. How does your food list compare to the Health Eating Plate recommendations and how does it compare to other people in your group or class? what can you do to make the foods you eat more brain healthy?

Mini Lesson Plan #5 – Sleep and the Brain

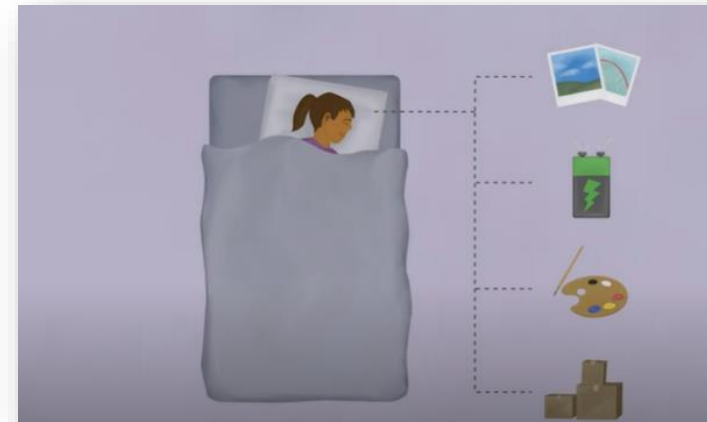
THINK: We all know sleep is important. But why? And how can a good or bad night's sleep affect your brain health and overall wellness?

ACTIVITY:

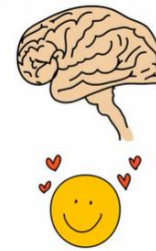
- How Your Brain Works While You Sleep: <https://youtu.be/Slrxguxdfc0> (2:32)
- Sleep and Teens: <https://youtu.be/eaelOvmjfVQ> (4 mins)

DISCUSS:

1. It is recommended that youth ages 14 to 18 get between 8 to 10 hours of sleep each night. Do you get the recommended amount of sleep? How do you think this affects your mood and energy throughout the day?
2. What are some things you can do to get a better night's sleep?
3. If you got the recommended hours of sleep each night, what kind of improvements in your overall health and brain health do you think you would see?



GETTING 9 HOURS OF SLEEP



BRAIN DEVELOPMENT
MEMORY
A⁺

Mini Lesson Plan #6 – Protect Your Brain

THINK: We know staying active is beneficial to brain health. So how can you protect our brains when we're being active?



My Grey Matters
TOTAL BRAIN WELLNESS

Think About It...While You Can



Get Used To It - Mike Vallely

Mike has recently surprised many skaters by choosing to wear a helmet every time he skates, after decades of skating without one. "Get used to it!"



Adam Taylor is Back with a Vengeance

After a long recovery from Head Trauma, Adam Taylor is Back with a Vengeance

Mini Lesson Plan #6 – Protect Your Brain

ACTIVITY:

- Alex's story: <https://youtu.be/aVZi8SyZLL0> (14 mins)
- Watch Get Used to It: Mike Vallely
<https://youtu.be/lw0BAwqAEPM> (3 mins)
- Safety in Seconds: Bike Helmet Fit Test:
<https://youtu.be/iZ4wWoChSe8> (30 sec.)

Each year in the United States, there are about 52,000 deaths caused by traumatic brain injury. **Wear Your Helmet.**

DISCUSS:

1. Why do you think some people don't wear a helmet?
2. How can you ensure your helmet fits properly and will protect your brain in case of a fall?





Additional Resources

The Science of the Brain

- PBS series on the teenage brain: ["Inside the Teenage Brain: The Wiring of the Adolescent Brain."](#) (52 minutes)
- The Brain, Neurons and Brain Chemistry - <https://www.bioedonline.org/lessons-and-more/lessons-by-topic/brain-and-behavior/the-brain-neurons-and-brain-chemistry/>

Brain Games and Exercises

- Watch and Play this Quick Brain Game from Johns Hopkins University- <https://youtu.be/vZZPMcs482M>
- Brain Check-Up: Take the Brain Check-Up: an online self-assessment. It is a customized tool that tests your memory and helps you make lifestyle choices that may reduce the risk for brain disorders. <https://healthybrains.org/brain-check-up/>

Helmets and Protection

- Helmet Use Lesson Plan: <https://www.peelregion.ca/health/commhlth/injprev/pdfs/lesson-plan1.pdf>
- Safe Routes Michigan: Bicycle Helmet Lesson Plan with Helmet Fitting Worksheet: https://saferoutesmichigan.org/wp-content/uploads/2016/06/Bike_Lesson_1.pdf
- Safe Kids Worldwide: Helmet Safety information and more: <https://www.safekids.org/blog-free-tags/helmet-safety>

All resources can be found on the Hope & Justice Tips and Resources Page on the Directing Change website.

Additional Resources

Diet and Exercise for Brain Health

- Georgetown University: Foods to Fuel Brain Health: <https://recreation.georgetown.edu/announcements/foods-to-fuel-brain-health/>
- Let's Eat Healthy for Teens Lesson 4: Eating Patterns: Nutrition education designed for high school students. Free Educator Guide to help instructors-<https://www.healthyeating.org/products-and-activities/curriculum/high-school/lesson-4>
- The benefits of a good night's sleep by Shai Marcu. Lesson Plan guide with discussion questions: <https://ed.ted.com/lessons/the-benefits-of-a-good-night-s-sleep-shai-marcu> “
- Health Powered Kids: A lesson plan which engages youth to learn about the connection between their brain and exercise and includes a worksheet guide: <https://healthpoweredkids.org/lessons/exerciseandbrain>

The Brain and Social Connectedness

- Your Brain on Social Distancing: Loneliness & Isolation During the COVID-19 Coronavirus - <https://youtu.be/xAbQSqU3Ofg>
- TIME Magazine: Why Spending Time With Friends Is One of the Best Things You Can Do for Your Health: A video and article Distancing: Loneliness <https://time.com/5609508/social-support-health-benefits/>
- Why Having a Best Friend Is Good for Your Health, According to Science-<https://www.health.com/relationships/best-friend-health-benefits>

All resources can be found on the Hope & Justice Tips and Resources Page on the Directing Change website.



Take Action!

GET TO WORK!

- What does *My Beautiful Brain* mean to you? Use your creativity to create art (in any form!) that:
 - Inspires people to discover the beauty of our brain and encourages young people (and others) to take care of it,
 - Encourages and educates others about how to protect their brain from sports related brain injuries by wearing a helmet,
 - Educates others on how to train our brains to practice kindness and encourages people to stay connected to one another to keep our brains and bodies healthy,

Need support or want to learn more?

Visit: www.DirectingChangeCA.org

or Visit: www.mygreymatterz.org

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Contact Us:

Shanti Bond-Martinez, MPH
Senior Program Manager

Shanti@directingchange.org