For Students
April Monthly Prompt: Celebrate Earth Day 2023 TikTok Challenge
In classroom • Distance Learning • After School or Club Activity
G: Grades 5-12 (ages 12-20)
= Gallery/Directingchange.org/content/monthly-prompt

Spending time outdoors and with nature benefits our mental health and physical well-being. Earth Day, celebrated on April 22, 2023, serves as a reminder of how our actions can have positive or negative consequences on the world. Students can help protect our environment by joining others on the actions you young people can take to improve and support the natural world in which we live. Information and resources can be found at: Earthday.org/earth-day-2023.

Deadline to submit is April 30, 2023. All TikToks that follow the monthly resource are gift card and are entered to win a $100 grand prize.

For Educators
Mental Health Spirit Day is May 11, 2023
In classroom • Distance Learning • After School or Club Activity
G: Grades 5-12 (ages 12-20)
= Gallery/Directingchange.org/events

Complete a Mental Health Spirit Day Activity by May 11, submit proof of participation and win a pizza party gift card and more! Younger ages 5-12, schools and organizations are eligible to participate.

Choose a Spirit Day Activity:
- Organize a party for students to discuss what mental health means to them and their families, as well as how they can promote their mental health. - Go Lime Green! The lime green ribbons is the symbol of mental health for your school and a take-a-group picture. - Work with your arts and culture, such as dance, drama, or art education and express in multiple ways your understanding of mental health and wellness. - Remember the movie Inside Out? Dress up as an emotion or character and perform your favorite scene. - Host a film screening! - Cope with your own mental health

For Parents
A Playground for Stress Relief: Strategies for All Ages
= Childline.org/resources/california-surgeon-generals-stress-relief-playbooks

Over the years, parents have exposed themselves to intense stress and major stressors such as child dismissiveness, labor shortages, and increased gas and food prices. These prolonged stressors can have adverse effects on not only the parents themselves, but on children as well. For kids, no matter the age, their brains and bodies are more vulnerable to the harmful effects of stress than adults, and often they aren’t able to recognize or verbalize it. The Surgeon General’s Office published two playbooks that can help us understand what to look out for and what we can do to protect our and our family’s health.

FOR STUDENTS
Directing Change launched in 2023 to help students and educators promote mental health and suicide prevention information to students and educators. The program is free to schools and supported by the California Department of Education.

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