MENTAL HEALTH SPIRIT DAY MAY 9

SHOW YOUR MENTAL HEALTH SPIRIT

May 9th is Children's Mental Health Day - a great time to engage youth in activities around mental health. Whether you are participating as a classroom, school, or organization, show your mental health spirit by choosing one of the activities below or coming up with your own. Submit proof of participation by midnight on May 13th and you could win a pizza party! Activities completed on or before May 9th eligible for submission.

JOIN AS A SCHOOL OR ORGANIZATION

Choose a **Spirit Day Activity** and **Submit Proof** of participation by or on May 13th.

Be sure to take a photo of your activity and note how many youth joined.

The top entries receive a **pizza party** for the group of youth that participated.



CHOOSE A SPIRIT DAY ACTIVITY:

Organize a group of students to discuss what mental health means to them and then form a human green ribbon as a pledge to take care of their own mental health.

Go Lime Green! The lime green ribbon is the symbol of mental health. Dress-up, make-up, nails or hair - show your lime green spirit and take a group picture.

Show your spirit with a cheer, song, dance,
collage or other group activity and express: Why Mental Health Matters.

Remember the movie Inside Out? Dress up as an emotion or draw a picture that reflects how you feel!

Host a film screening!

DIY: Come up with your own Mental Health Spirit Day activity! Find additional ideas on our **Activity Tip Sheet.**

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