

RELATED FOUNDATIONS:

- Social & Physical Environments

RESOURCES:

- Poster board
- Markers/pens
- Sticky notes
- Prizes for participation

Post-its with Purpose!

ACTIVITY GOAL: To have students share thoughts, ideas and strategies with their peers to encourage student's well-being.

ACTIVITY INSTRUCTIONS:

1. Students from a school committee (e.g., Healthy Schools/Mental Health) encourage their peers to write down how they cope with stress, suggestions to improve mental well-being in school, what they are most looking forward too (e.g., over school break), study tips or strategies, etc.
2. Students can then take this opportunity to engage their peers with other examples of how they can positively cope with stress.
3. After completion, the poster can be placed in a busy area of the school such as the library for students to see.
4. Depending on budget, students who participate can submit their name to win a prize.
5. This activity can be used in combination with other mental health activities such as therapy dog visits.
6. After reviewing all the suggestions, implement one of the ideas over the lunch-period or after school to promote well-being (e.g., movie day, physical activity in the gym, new club).



Curriculum Connections:

- Grade 9: C 2.2 Relationships – skills and strategies
- Grade 10: C 1.1 Mental Health – factors that enhance
- Grade 11: C 2.1 Strategies for making safer choices
C 3.4 Skills for dealing with stressful situations
- Grade 12: C 2.5 Maintaining health and wellbeing when independent

