



Mental Health Challenge Week

optimal grades: 6th – 12th

be nice. action plan focus: notice, invite, challenge, empower

materials:

- Challenge sheet handout (attached)

directions:

Take this week to challenge yourself to take care of your mental health each day! Print out the attached handout, or have students create their own, and come up with a new challenge each day. You might want to brainstorm some ideas to help the students think.

discuss:

- How did it feel to prioritize your mental health for the week?
- Did you find it hard to make time for these mental health challenges?
- If you missed a day, did it affect your energy? Sleep/eating habits?
- How did you feel after you completed the challenge for the day?
- Share these discussion questions out loud or write them down (journal style).





Sample of a Mental Health Challenge Week:

Sunday

- Complete 5 minutes of deep breathing!

Monday

- Send a random friendly text to someone you don't normally talk to on a daily basis.

Tuesday

- Exercise! Go for a short jog, take a bike ride, walk your dog, or dust off your old roller blades.

Wednesday

- Write a thank you card to someone you care about (friend, parent, grandparent, teacher) and deliver or mail it.

Thursday

- Sit in silence for 10 minutes. Reflect on what you thought of afterwards.

Friday

- Make a playlist of songs you love and listen to that playlist.

Saturday

- Color and/or draw a picture





Mental Health Challenge Week

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

