

First Memory of Mental Health

be nice. action plan focus: notice

time: 15 - 20 minutes

materials:

- Large sheet of paper / board

directions:

This is a great activity for your team to learn about each other and their experiences with mental health.

1. Establish that this activity is all about creating a safe space to share.
 - a. Ask what a safe space looks like, and establish rules.
2. Create a board with a big blank space in the middle.
3. Ask athletes and coaches to share their first experience of mental health. This could be done in a discussion as well, rather than written form.

discuss:

- Did you **notice** anyone with similar experiences?
- Did some people face stigma?
- Did others have more open experiences?

