

# MENTAL HEALTH SPIRIT DAY MAY 11



## SHOW YOUR MENTAL HEALTH SPIRIT

May is Mental Health Awareness Month and May 11th is Children's Mental Health Day: A great time to take action for mental health. Whether you are participating as an individual or as a 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 11th and win!

### JOIN AS AN INDIVIDUAL

Choose a **Spirit Day Activity** and **Submit Proof** of participation by or on May 11th.








Every entry receives a **Mental Health Thrival Kit** and a chance to win **\$100 Amazon gift card**.

### JOIN AS A SCHOOL OR ORGANIZATION

Choose a **Spirit Day Activity** and **Submit Proof** of participation by or on May 11th.

The top **10** entries receive a **pizza party** for the group of youth or grade 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.
-  **Answer the prompt:** I Take Action for Mental Health by...
-  **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!



Mental Health Spirit Day is sponsored by the [Take Action for Mental Health Campaign](#). As part of California's ongoing mental health movement, the Take Action for Mental Health campaign is designed to help you check in, learn more, and get support for your own mental health or the mental health of someone you care about.

[www.DirectingChange.org/events](http://www.DirectingChange.org/events)

