



## Celebrate All Year Long

Promoting mental health in schools is not just a one-time event—it's an ongoing commitment to building a safe, compassionate, and connected school culture. Below are year-round strategies aligned to extend the impact of your **Keep it in Mind** celebration and promote a positive mental health environment.

### Mental Health Awareness & Literacy

Empowering students with knowledge helps normalize mental health conversations and encourages help-seeking behaviors.

- Incorporate mental health topics into health, advisory, or homeroom curriculum.
- Use bulletin boards and newsletters to regularly highlight coping strategies, crisis resources, and weekly wellness tips for both students and employees
- Integrate mental health check-ins into classroom routines or social emotional learning (SEL) programming.
- Share digital resources or books that promote resilience, self-awareness, and empathy.

### Mindfulness & Stress Reduction

Creating calm and reflective spaces helps students regulate emotions and improve focus.

- Offer quiet rooms or mindfulness corners in the library, counseling suite, or unused classrooms.
- Play calming music during morning arrival or class transitions.
- Lead short breathing or grounding exercises during morning announcements or in homeroom.
- Establish “Mindful Monday” or “Feel-Good Friday” rituals with reflection prompts or gratitude exercises.

### Connection & Positivity

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- Launch a kindness campaign or create a peer-led Kindness or Positivity Club.
- Host monthly “Gratitude Days” where students write thank-you notes to staff or classmates.
- Maintain a year-round Gratitude Wall, Affirmation Mirror, and/or anonymous compliment dropbox.





- Celebrate World Kindness Day (Nov 13), Random Acts of Kindness Week (Feb), or Mental Health Awareness Month (May).

## Student Leadership & Advocacy

Student voices are powerful advocates for change and connection.

- Demonstrate administrative support for the student-led mental health club, such as Aavidum, Bring Change to Mind, or Hope Squad.
- Encourage peer leaders to organize monthly initiatives (e.g., themed spirit days, hallway affirmations, or mental health trivia).
- Invite students to serve as mental health ambassadors and co-create wellness messaging alongside staff and administrators.
- Provide platforms for students to share personal stories or lead peer discussion circles in safe, supervised settings.

## School Staff Involvement

A whole-school approach to mental health starts with empowering and supporting staff.

- Utilize school counselors, social workers, and psychologists as visible mental health leaders—through classroom visits, workshops, and open office hours.
- Provide staff-wide mental health and trauma-informed training (e.g., Youth Mental Health First Aid, restorative practices, or de-escalation techniques).
- Involve school nurses in early identification and response to emotional or behavioral concerns.
- Encourage staff to model self-care strategies and promote mental health resources during class or advisory.
- Integrate mental wellness discussions into team meetings, in-service days, or professional learning communities.

## Sustainable Supports & Systems

Building a strong foundation of care helps schools respond proactively to student needs.

- Have school psychologists and counselors create routine, confidential protocols for identifying and referring students in emotional distress.
- Promote year-round visibility of Safe2Say, 988 Lifeline, school counselors, and local support services.
- Establish partnerships with community mental health organizations for supplemental services or trainings.
- Regularly assess the school climate and student mental health needs through surveys or focus groups.





- Incorporate mental health goals into school improvement plans and wellness policies.

