



Plan Your Event

Keep It in Mind is a Healthy Champions Signature Event focused on fostering a school culture where mental health is openly discussed, supported, and valued.

Just like any Healthy Champions celebration, *Keep It in Mind* is not a one-size-fits-all event. Your celebration may look different depending on your students' ages, your school's existing mental health programs, and available resources. If your school has a mental health club or student wellness committee, they can play a key leadership role in planning, promoting, and hosting the event.

Ways to Celebrate

A *Keep it in Mind* celebration is all about building a safe, supportive culture where students feel seen, heard, and connected. Whether your school hosts a week-long campaign or a single schoolwide activity, here are a variety of celebration ideas to help promote mental well-being:

Mental Health Awareness Campaigns

Promote schoolwide understanding of mental health and available supports.

- Host a “Know Your Resources” fair in the cafeteria or gym with booths for school counselors, peer support groups, local mental health orgs, and Safe2Say reps.
- Launch a themed awareness week (e.g., “*It’s Okay to Not Be Okay*”, “*Kindness is Contagious*”, or “*Your Mind Matters*”) with daily dress-up themes or challenges.
- Share daily stats, quotes, or messages about mental health over the PA system and social media channels.

Mental Health Literacy Events

Help students learn about mental health through interactive or educational programming.

- Invite guest speakers—mental health advocates, therapists, or local social workers—to present in assemblies or classrooms.
- Host a Mental Health Trivia Game or Myth-Busting Kahoot in health classes or homerooms.
- Run short mental health-themed writing, art, or poster contests for display throughout the building.

Mindfulness Moments

Offer calming, structured opportunities to help students reset and reflect.

- Host “Lunch and Let Go” sessions in a designated quiet room with soft lighting, calming music, and journaling prompts.





- Facilitate a mindfulness day and/or week offering various activities for students to unwind and relax (e.g., yoga, art/music therapy, community resources)

Positivity in Action

Boost morale and peer connection through visible, uplifting messages.

- Launch a schoolwide “Kindness Post-It Day” where student leaders or clubs post encouraging messages on every locker, desk, or bathroom mirror.
- Create a Gratitude Wall where students can publicly share notes of thanks or encouragement.
- Host a “Write a Note Wednesday” where students can pen positive messages to staff or classmates and deliver them via a school kindness mailbox.

Well-Being Walks

Encourage movement, conversation, and connection in an inclusive way.

- Host a “Walk for Awareness” during gym class, recess, or lunch periods with stations along the route offering prompts like “Name one thing you’re grateful for” or “Who is someone you can talk to when you’re feeling overwhelmed?”
- Organize a “Steps Toward Strength” spirit walk—students wear themed shirts or colors for mental health (e.g., green for awareness), and end the walk with music, reflection, or speakers.
- Incorporate calming nature walks with mindfulness exercises or journaling moments.

For more ideas, explore the [PRO Wellness Pinterest Board for Keep It in Mind](#)

Resources to Support Your Event

- [Promote Mindfulness - CDC](#)
- [Mindfulness Exercises in the Classroom](#)
- [Aavidum – Start a Club](#)
- [988 Suicide and Crisis Lifeline](#)
- [Teen Mental Health First Aid](#)
- [National Association of School Psychologists](#)
- [Safe2SaySomething – PA Youth Violence Prevention Program](#)
- [National Alliance on Mental Illness](#)
- [NIH Mental Health Resources for Students and Educators](#)
- [How to Talk About Mental Health \(for Educators\)](#)



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