Mental Health Spirit Day May 7

May is Mental Health Matters Month and May 7th is Children’s Mental Health Day: A great time to Take Action for Mental Health.

Join as an Individual

Choose a Spirit Day Activity and Submit Proof of participation by or on May 7th.

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 7th.

The top 10 entries receive a pizza party for the group of youth or grade that participated.

Choose A Spirit Day Activity:

✓ 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…

✓ Complete the Take Action for Mental Health Scavenger Hunt.

✓ Remember the movie Inside Out? Dress up as an emotion or draw a picture that reflects how you feel!

✓ DIY: Come up with your own Mental Health Spirit Day activity!

How to Participate

✓ Complete Spirit Week Activity

✓ Submit Proof of Participation by or on May 7 at Midnight

✓ Win a Pizza Party and More!

www.DirectingChange.org/events