



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



Directing Change
Program & Film Contest