

Bead Who You Are

The Bead Who You Are activity is a reflective exercise where participants choose beads representing different aspects of their identity such as race, gender, language, orientation, religion, and more. Each bead is then strung onto a bracelet, creating a visual representation of the individual's multifaceted identity. This activity encourages self-reflection, exploration of one's identity, and the celebration of diversity.

Life Letter

At the Life Letter Station, each participant writes a letter to an individual that has impacted their lives in a meaningful way. The letter should express gratitude, admiration, or appreciation for the positive influence that person has had. This activity encourages relationship reflection, fosters connection through communication, and gives participants an example of how important communication is in relationships. Our words have the power to uplift and inspire, and this activity was created to help you spread appreciation and strengthen relationships one letter at a time.

Mental Health Trivia

The Mental Health Trivia Station is an interactive initiative aimed at promoting awareness and understanding of mental health and wellness topics through engaging games. Through multiple-choice, true or false, and open-ended questions, the goal is for furthered understanding of mental well-being. Get ready to challenge your perceptions and expand your knowledge!

Equity Exploration

At the Equity Exploration Station, participants play a powerful board game that illustrates the concept of privilege and systemic inequality. The game is designed to facilitate discussion around equity to promote understanding on how it can impact people on different scales, how it contributes negatively to mental health, and the importance of awareness and advocacy for equity.

Fitness Focus

The Fitness Focus Station is designed to showcase that fitness comes in various forms, where there is no “one-size fits all” approach to movement! It promotes ability inclusivity, and the idea that physical activity can be enjoyable and tailored to individual preferences and needs. The goal is to encourage participants to explore different ways to stay active for long-term movement motivation, which should also aid in body and brain health. We celebrate fitness in all its diverse forms! From traditional physical exercise to the latest TikTok dance trends, there is something for everyone to enjoy and explore. Join us for movement options designed to boost endorphins, reduce stress, and promote overall well-being.

Unlock Your Story

The Unlock Your Story Station is a transformative activity that invites individuals to share their personal stories of

overcoming challenges. In exchange for their story, participants receive a key with a semicolon symbol, which they can turn into a keychain. This symbolic gesture not only serves as a reminder of their resilience, but also helps raise awareness for mental health stigmas. Through this activity, students learn the profound impact of vulnerability, empathy, and connection. By sharing stories, participants discover that they are not alone, and that their experiences have the power to inspire and support others. This activity underscores the importance of seeking help, offering support, and breaking the silence surrounding mental health issues. It empowers students to create a supportive community where everyone feels seen, heard, and valued.

Gratitude Gallery

The Gratitude Gallery Station invites participants to express appreciation and reflect on positive aspects of their lives. As this piece of art fills, it becomes a visual representation of the collective gratitude within the community. By displaying this artwork in public spaces, the community celebrates and reinforces a culture of gratitude. Encouraging gratitude expression helps individuals focus on good things in their lives, which can promote mental well-being and resilience. Overall, Gratitude Gallery serves as a reminder to appreciate the simple joys in life, which can also foster a more positive and supportive community environment.

Body Positivity

During the Body Positivity Station, participants experience the importance of self-love, acceptance, and appreciation through practicing positive affirmations. By practicing positive affirmations and meditation, participants are more likely to cultivate a mindset of body positivity and appreciation, with a goal of creating a healthier relationship with self. After completing the activity, participants are welcome to write their most powerful affirmations on a pocket mirror. Taking the mirror with them serves as a tangible reminder to embrace their unique self and foster confidence in their own skin. Don't forget the importance of celebrating your body, you only get one of them!

DETOUR/SUPERLEG: Social Butterfly

The Social Butterfly Station is an effective activity for friendship building, and also a challenging program for some participants who are not extroverts. THAT'S OKAY! Doing healthy things outside your comfort zone is where growth happens, and some even say that's where magic happens. Choose this activity, and it will teach you one of many strategies in starting dialogues with someone new. The goal is to spread kindness, promote social interaction & connections, and possibly even new friends.