

## **Brainstorming some ideas for NTS activities for Managing Your Mental Health**

### ➤ **Studentship Awards Opportunities**

- students can participate in the following activities to receive **incentive awards**.

### **“Bullying Awareness & Promoting Ways to Prevent or Curtail It.”**

#### **I. Grades 3-5 Competition: Prevent Bullying**

1. Poster Contest
2. Book Marks
3. Picture Frames

#### **II. Grade 6-8 Competition:**

1. Letter to a victim of bullying
2. Letter to a bully.
3. Poem or Rap about stopping bullying

#### **III. Grades 9-12**

Group Competition:

1. Group consists of five or less
2. Plan a skit, dialogue, other dramatic expression

Situations:

1. Helping to stomp out bullying.
2. A plan to help students who are being bullied.
3. Identify and help a bully to change behaviors.
4. Identify some factors that seed or trigger bullying.
5. Witnessing bullying activities and taking action.

### ➤ **Making Personal Positive Impact in our Chapter**

**IV.** Prevent seeds of chapter bullying or undesirable habits.

1. Identify chapter dynamics that a member can improve.
2. Identify behaviors that promote chapter unity.

**NTS will devise a personal survey** and ask members to check and self-monitor for four months, which will pertain to the two above statements. (Section IV, items 1 & 2)

**V.** NTS will plan activities **to promote some of the following organized national activities.**

1. Bullying Prevention Month
2. Health Literacy Month
3. National Depression and Mental Health Screening Month
4. Positive Attitude Month
5. National Mentoring Month

6. Random Acts of Kindness Week
7. National Children's Dental Health Month

- Within our Chapter educate members then....
- Partner with other organizations on “personal wellness” (use slide 20 ff. as starting point)
  - Walking, swimming, run, biking
  - Guest speakers at Delta GEMS/Academy (slide #22)
  - School agencies: psychologists, social workers, HCP (nurses)
    - Guest speakers (in chapter and in partnership)
- Bullying: impact in schools, workplace and organizational peers (#33)
  - Slide #34: make a slide
    - Define: What is a bully?
    - How to combat bullying
    - Self-esteem tips, exercises and programs
    - Problem solving skills (slide #36)

### Proposals:

1. Work within the chapter (Section IV.)
  - a. Develop survey
2. Partnership- Services to Youth (STY) to go into schools to promote Bullying Awareness