



# Mental Health Matters Photo Station

## PURPOSE //

- Promote Good mental health
- Raise schools connectedness

## OBJECTIVE //

- Create a photo booth/photo station with props and signs promoting good mental health
- Take photos that can be used to make posters or social media posts

## INSTRUCTIONS //

### Materials

- A camera or a phone with a camera
- Consult the following pages for the materials needed to create a background, frames, and props

### Assembly

1. Consult the following pages for individual instructions on how to assemble a background, frames, and props.
2. Make sure to gather all materials and bring them to your station!

### Application

- This can be done with just club members having a fun photo-op, or club members can host an area to do this for all students in the school
- Make sure to gather any props, frames, etc. at an area near the photo station, but not visible in the pictures until someone brings it in!
- If this is being done for club members only, consider using the photos taken to create posters or social media posts. These can be used either to promote the club and recruit members, or just to spread positivity and mental health.
- If this is being hosted at school for non-club members, consider having this at a school dance, fair, parents' night, or other fun school events! Allow other students to take their own photos and have fun!

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



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# Backdrop For the Photo Station

The backdrop for the photo session can make a difference! If you have a beautiful wall or mural in the school building, that is something that you may be able to use. If you do not, consider transforming a wall or whiteboard into something beautiful to have in the background of your photo session! Here are some ideas on how to do that.

## **Option 1:** ***On a Chalk Board or White Board***

### **Materials**

- A chalkboard or whiteboard
- Chalk or dry erase markers

### **Assembly**

1. Choose a chalk board or white board to be the home for your photo session.
2. Create and mark the boundaries for the edges. Use a camera to see how much space you will need, and give yourself a little extra room.
3. Create designs using markers directly on the board. Include positive messaging, cute designs, and lots of color.
4. If the board is very long, or you have more than one near each other, consider using each side of it with different designs so those taking photos may have more than one photo station with different designs!



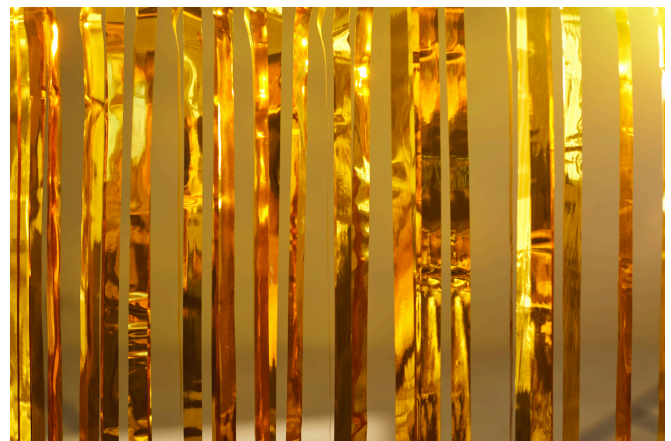
## **Option 2:** ***On a blank wall***

### **Materials**

- Streamers or banners
- Posters

### **Assembly**

1. Choose the wall that you will use to be the home for your photo session.
2. Create and mark the boundaries for the edges. Use a camera to see how much space you will need, and give yourself a little extra room.
3. You will have a lot of options for transforming this space, and some of them include:
  - a. Hanging streamers or banners over part of it
  - b. Creating a vertical backdrop entirely of streamers (shown below)
  - c. Hanging posters with cute designs or positive messaging on them



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# Frames for the Photo Station

Adding frames to hold during your photo shoot can be a fun way to make the pictures more fun and unique. You can take old picture frames and remove the back, or create your own frames! Below are instructions to make your own homemade frames! Feel free to make more than one if applicable.

## Materials

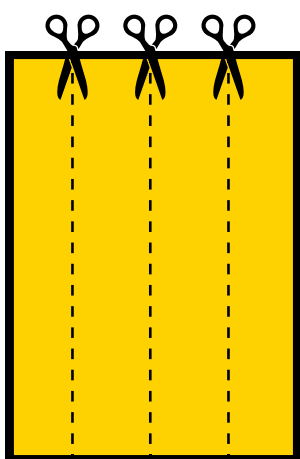
- Poster Board, or cardboard
- Scissors
- Tape or glue
- Ruler
- Markers or colored pencils

## Assembly

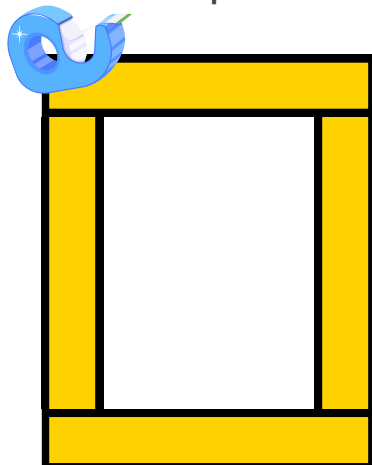
1. Cut your poster board into 4 long pieces. Try to make them equal in width; use a ruler to measure if you need to. If you want a square frame, make all 4 sides equal length. If you want a rectangular frame, cut two of the sides to be shorter than the other two.
2. Rearrange your long pieces of poster board to make the edges of your frame. Then tape or glue the pieces together at the 4 corners.
3. Add any designs to your frame! Add cute designs or empowering messages. You can draw them directly on, or glue on designs that are made separately.
4. Your frame is now ready for the photo station!



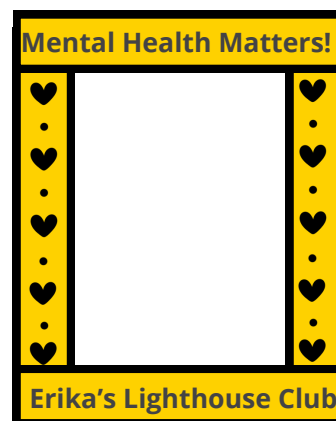
Step 1



Step 2



Step 3



Step 4



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# Props for the Photo Station

Props for the photo booth can be bought online or at a party store, or can be homemade! Here are some instructions to make your own custom props. These can be signs promoting good mental health, or fun shapes and images to make your photo more fun. Having more options for the photo booth is going to be more fun! Consider making a wide variety of designs. There are some on the next few pages already made, but feel free to design your own as well.

## Materials

- Cardstock or other kinds of paper (Thicker paper is preferred)
- Scissors
- Sticks such as craft sticks, paint stir sticks, rulers, or wooden skewers to hold the props (you will want them to be relatively long and sturdy)
- Tape or a hot glue gun and glue
- Prop templates from the next pages, or your own design.

## Assembly

1. Create designs for the props. This can be done online and printed out, or made by hand on paper. Create the designs with the intent of cutting them out..
2. Cut out the shapes and designs for the props that you want to have on construction paper, poster paper, or cardstock. If you are using a thinner paper that does not want to hold its shape, consider gluing a few sheets together before cutting in order to add some strength.
3. (Optional) Use tape, a hot glue gun, or both to attach the sticks to your props for people to hold them up with.



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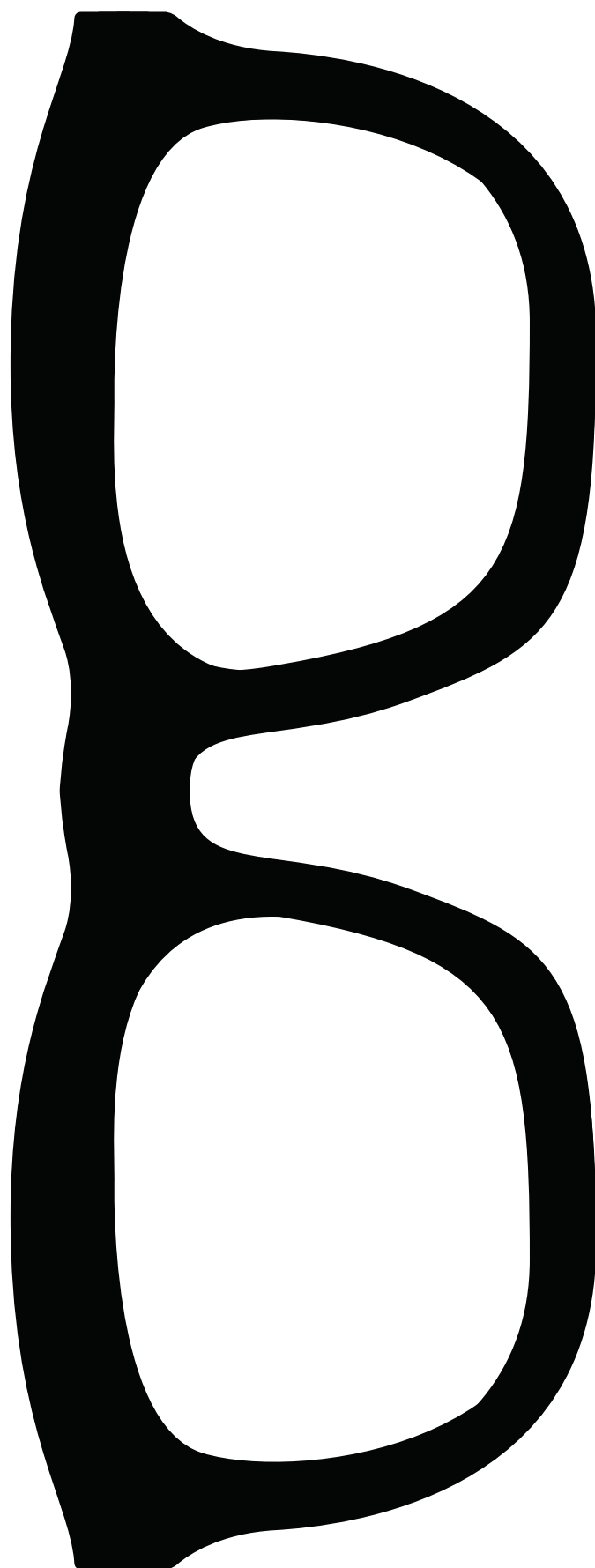
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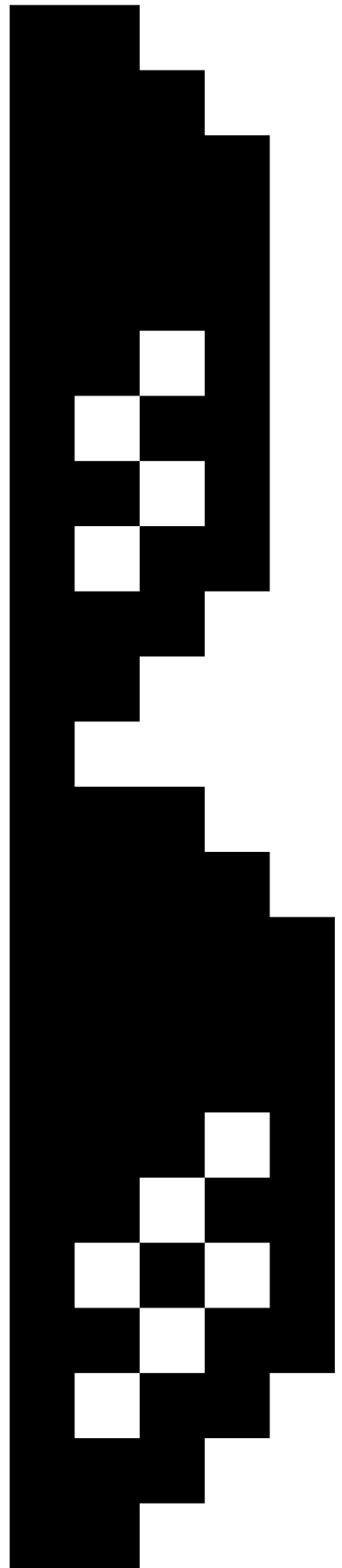
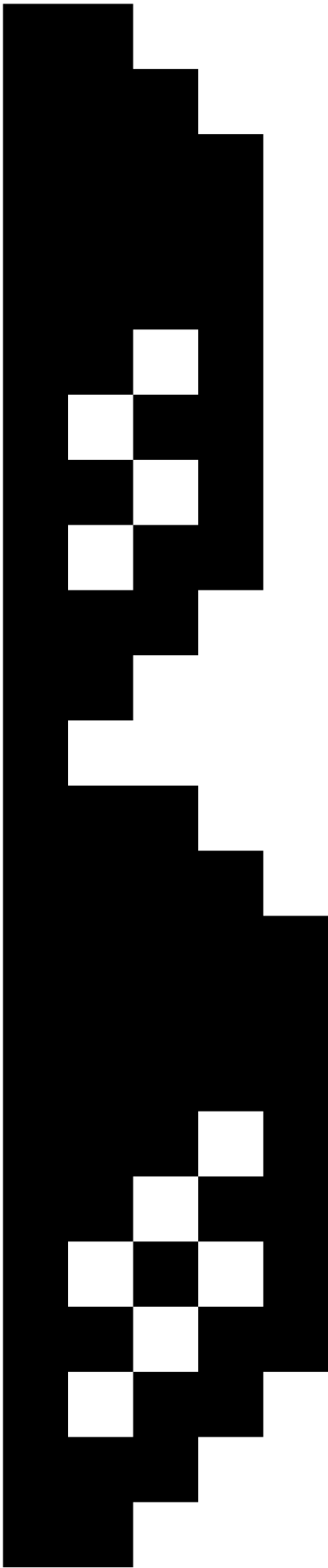


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# **Get Depression Out of the Dark<sup>®</sup>**

**If you may be experiencing depression,  
talk to a trusted adult today.**



**Mental  
health is just  
as important  
as physical  
health.**

**Take care of your health,  
talk to a trusted adult today.**

