



# Green Ribbons for Mental Health Awareness week

## PURPOSE //

- Promote Mental Health Awareness



## INSTRUCTIONS //

### Materials

- Green Ribbon
- Safety Pins

### Application

- The month of October has lots of opportunities to spread the message of good mental health.
- Mental Health Awareness Week is the first week in October.
- World Mental Health Day is October 10th.

### Assembly

1. Students can get to know one another while creating the ribbons.
2. You can distribute the ribbons to the whole school.

### Let us know how the activity goes!

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



@ErikasLH



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