



School- and Community-Wide Engagement Ideas

Mindful Moment

Have the school staff and every student take a moment to decompress in the middle of the day.

Create a “Throw Kindness Like Confetti” Bulletin Board

Put up a bulletin board where most of the school can see it (for example, by the main entrance). Have students share experiences with kindness on the bulletin board. Include the date/time of your celebratory event and any other information you think the school should know. When parents come into the school they will see the board and maybe even contribute a note!

“Kindness is Cool” Poster Contest

Have all students make a “Kindness is Cool” poster. Choose classroom winners in whichever way works best. Then, have parent/community volunteers choose the school’s top 3 posters from all classroom winners. Or just hang the “winning” poster from each class in a visible location.

Handmade Posters

Have students make special kindness/mindfulness and/or empowerment posters to place around the school or gym. These posters will be reminders to students to seek out donations for the school’s health. moves. minds.® program.

Extra, Extra

Ask local stores and restaurants for extra prizes.

Join Forces

Use the PTO to your full advantage! Ask them how they think they can help and have a list of ideas ready.

Open House Night

Advertise the health. moves. minds. program at your school’s open house/back to school night at the beginning of the school year. Share information about mental wellness and the dates of your health. moves. minds. events.

Promote Service Learning at All Ages

Recruit high school students to help run activity stations at your health. moves. minds. event. This can become a service-learning opportunity for the older students and a great way to extend health. moves. minds. lessons to the high school level.

PE Wish List

Formulate a wish list for equipment to purchase with funds received as a Gopher gift card.

Surprise, Surprise

Give out random prizes by drawing student names throughout your fundraising week/month and announce the winners on the daily announcements.