

Mental Health Walk or 5k

How To

- Set a date and time for the walk or 5K, talk to school administration and make sure the track or field can be used on that day.
- Hold signups for the run 2 to 4 weeks before the day of the event.
- You could buy a multiple colored pack of beads that the participants can wear. Each color can represent different things surrounding mental health, ex) If the participant wears blue beads they know someone who struggles with bi-polar disorder.

Materials

You may want to have tables for the day of the event so the participants can check-in and collect their beads. You could also have sheets of paper, markers, and safety pins so the participants can write a message, like "I walk for mental health because..." You may also want to give the participants a goody bag at the end of the race. Items could include stress balls, pens, or water bottles.

Budget

To put on this event you will want to budget out \$50.00 to \$70.00.

Number of Students Reached

This could include the entire school and community members. Make sure you advertise it well and have people sign up before the event!

Timeline

This activity has a preparation time of around a month because students will have to organize the location, date, and time. The actual event should not take longer than 3 hours.