

# Mental Health Trivia

bring  
change  
to mind

high school

## How To

- Invite students to participate in a mental health trivia quiz for the chance to win a \$50 gift card. You could get sports teams or other clubs on campus to sign up and compete against each other!
- Come up with mental health trivia questions or look some up online with your club.
- Set a time, date, and place for the trivia event to occur. Invite people!
- Ask the questions to different teams, count the total points each team earns, and give the winning team a \$50 gift card.

## Materials

You will need to purchase a \$50 gift card, come up with a list of questions to ask, purchase or find supplies to keep track of the points earned per team, and a group of people to participate.



## Budget

\$50.00 for the gift card and possibly \$10.00 for the extra supplies.

## Number of Students Reached

This activity could reach over 100 students if you connect with sports teams and other clubs.

## Timeline

Preparation time should take a few days in order to come up with good questions to ask, finding a date for the activity, and getting in touch with sports teams / clubs. The actual event should take an hour or longer depending on amount of questions.