



Whiteboard Activity

Instructions

- Collect materials and organize the activity in a high traffic area on your campus.
- Invite students to write an answer to the posed question on the larger whiteboard or a smaller one. The question could be something like: "We can improve student mental health by..." or "I want to end the stigma of mental health because..."
- Take a photo of students after they have written their message on the board.
- Give each student a ribbon or sticker they can wear at school that day for participating.

Materials

A big whiteboard from a classroom, expo markers, and an expo marker eraser. You will also want a camera to document student responses and ribbons or stickers for the participants.

Budget & Number of students

You will need to purchase a variety pack of ribbons or stickers which could cost up to \$30.00. This activity has the potential to reach your entire student body population if placed in a highly trafficked area.

Timeline

- You will need at least a few days to plan this activity and gather materials.
- This activity will take 30 - 60 minutes depending on how long you decide to stand and invite students to write on the whiteboard.