

Light It Up



Light it Up is an activity done in a large group setting that shows the amount of people who are directly or indirectly affected by mental illness.

HOW TO

- This can be a small or large group activity. Possibly an activity done during a Mental Health Assembly.
- First, have students brainstorm a list of yes or no questions that start broad and become specific relating to mental health.
- At the meeting or assembly, the activity begins by someone asking these questions to the crowd and when the students feel the responses to the questions are "yes" they shine their cell phone light in the air.
- The final question should be something like "Who knows of someone affected by a mental illness?" and almost everyone should have their light on.

MATERIALS & BUDGET

The materials needed are the list of questions and student involvement with cell phones. This is a low budget activity (\$0.00).

NUMBER OF STUDENTS REACHED

You can do this in a small group of 20-30 students or a large group of 100-500 students. Try to do a Mental Health Assembly to reach more students and so people are able to stay anonymous.

TIMELINE

Coming up with questions will take 30-45 minutes.
The actual activity should take 30 -45 minutes.

bring
change
to mind

high school