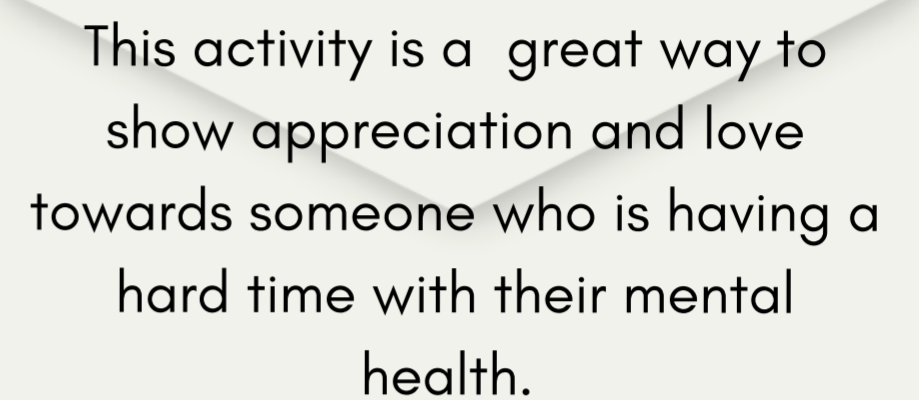




# OPEN WHEN...



This activity is a great way to show appreciation and love towards someone who is having a hard time with their mental health.

## How To

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At a BC2M Meeting, each student should choose someone that is having a hard time. They will write at least 5 letters to the person of their choice, and on the envelopes it will say: "Open when..." and an emotion or feeling to follow. It could be "open when you're feeling sad," or "open when you need to remember how loved you are," or "open when you can't sleep." They don't need to be long, just a letter to bring them some love and happiness.

## Materials

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You will need 5 envelopes per student in your club and at least 5 sheets of paper per student. You may want to supply the students with markers, stickers, glitter, or anything you can think of that will add some spice and fun to the letters. Get creative!

## Budget

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This is a relatively low budget activity. It will cost around \$50.00 to acquire all the supplies. Think about find scrap or recycled paper around school to use before buying more paper!

## Time

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This activity could take anywhere from 30-60 minutes. Give the students enough time to brainstorm different letter topic ideas, as well as write meaningful letters.

## Number of Students Reached

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This activity has the potential to reach the number of students in your club!

