

CHALK AND TALK



PURPOSE:

Why?

The Chalk and Talk activity uses chalk art to spark discussions about mental health among students. Through vibrant and thought-provoking designs, students aim to reduce stigma and raise awareness about mental health in their school communities.

HOW TO:

Materials & Budget

- Multi-Colored Chalk (\$10-20)
- Optional: Wet Wipes (\$10)

Instructions

- Decide on a suitable outdoor location at your school to draw your chalk designs
- Ask your school administration for permission to use this outdoor space.
- Brainstorm ideas with your members for their chalk art designs that convey messages related to mental health awareness and well-being.
 - Try to draw images or write messages that are positive, inspirational, motivational, and de-stigmatize mental health.
- This activity is great to conduct at a club fair or mental health fair to encourage open dialogue about mental health experiences, challenges, and ways to support each other.
- This is also a great way to promote BC2M to potential new members and spread the word about the club on campus!

Timeline

This activity can take 30 minutes or longer depending on how many students participate.

Impact

This activity is great for club meetings as it is fun and hands-on! However, you can also host this activity at a larger school-wide event like a club fair or mental health fair.

Example(s)

Example from Los Osos High School BC2M!



Example from Red Mountain High School BC2M!



Post photos from this activity to your club Instagram and tag @bc2mhighschool

