

REJECTION- REDIRECTION ICE CREAM



PURPOSE:

Why?

At the Rejection-Redirection Ice Cream event, students can enjoy a scoop of ice cream for each college they were rejected from. This initiative promotes wellness by helping students reframe disappointment, foster resilience, and create a supportive environment to celebrate their journey through the college application process with positivity and encouragement.

HOW TO:

Materials & Budget

- Variety of Ice Cream Flavors (\$50)
- Toppings (sprinkles, whipped cream, candy - \$30)
- Ice Cream Spoon (\$20)
- Ice Cream Cones (\$30)
- Spoons and Bowls (\$30)
- Napkins (\$10)

Instructions

- Prepare a clear proposal outlining the purpose and benefits of a Rejection-Redirection Ice Cream event and schedule a meeting with your school administration to discuss the logistics.
- Choose a variety of ice cream flavors and toppings to cater to different preferences and dietary needs.
- Create flyers and social media announcements to promote the Mental Health Fair event!
- Recruit BC2M students to assist with serving ice cream and managing event logistics.
- For students to get a scoop of ice cream they must show a screenshot of each college rejection letter.
- Set up a playlist of uplifting and positive music to create a lively and enjoyable atmosphere during the event.

Timeline

Planning a Rejection-Redirection Ice Cream event can take up to one month. The actual event can last 2-3 hours.

Impact

This is a great way to get your entire school community involved!

Example(s)

Example from William Hart High School BC2M!



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

