

Additional Student Activities at School

Grades 4-7

1) Be Stigma-Free! Head on over to our website and check out our Stigma-Free Tool! Learn a little more about yourself and how you view the world around you. This quiz is done without judgment and allows you to learn a little more about yourself and help you become even more Stigma-Free! [CLICK HERE](#) to start the Stigma-Free Tool!

2) Start a Stigma-Free Club with the help of a teacher. Work with your teacher to start a Stigma-Free Club where you organize inclusive and fun activities/events for all students to participate in during lunch hour or after school. Ask your friends what kinds of activities they would like to participate in and host Stigma-Free events!

3) Complete an Art Activity about what inclusion looks like in a Stigma-Free classroom. Get creative and draw or paint a picture about what living a stigma-free looks like in your classroom.

4) Make a poster with what you have learned, post it all over school. Get your craft on and create a large poster about your favorite piece of information you learned from the Stigma-Free presentation. Present it to your class and then post it in your school hallways as a reminder for others to work on living Stigma-Free.

5) Write and illustrate a graphic novel or write a story. Sometimes writing down what you've learned or creating illustrations from what you've learned helps you understand its importance in your own world. Take some time to outline your story about understanding mental illness or living Stigma-Free and then start writing and creating your story.



Additional Student Activities at School

Grades 8-12

1) Share your story in a 2-3 minute video. Do you have a message you'd like to share on our Stigma-Free website? If so, shoot a short 2-3 minute video and tell us your story about mental illness, stigma, diverse-ability or any topic you feel is inspiring. Submit your video by clicking [HERE](#) or email your story to info@stigmafreementalhealth.com.

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4) Conduct a research project. Research a specific mental illness or stigma and interview someone with a lived personal experience in that area. Brainstorm creative questions to ask and record your interviewees answers. Present your interview in a written blog post or in an oral presentation to the class.

5) Get crafty. After listening to the Stigma-Free presentation, what do you learn and how can you implement some strategies to take care of yourself and live a Stigma-Free life? List what you learned, how you can take care of yourself and commit to three practices of living Stigma-Free. Decorate this list and post it in a place as a reminder to live Stigma-Free.

