



VARSITY // BRANDS

THE COLLECTIVE
STUDENT EMPOWERMENT MONTH



BREAK FOR MENTAL HEALTH



GREAT GOAL [QUICK-START GUIDE](#)

PLAN, DO, STUDY, GROW LEADERSHIP CYCLE

Use this quick-start guide to inspire and empower your students to plan, do, study, and grow. This guide will launch student planning.

For more student leadership resources visit BelieveInYou.com.

For H.Y.P.E. The Breaks physical activity videos visit – HHPH.org

BELIEVEIN **YOU**.COM

Sample GREAT Goal outline to help you run a BREAK for Mental Health campaign during Mental Health Awareness Month.



Goal
Name

Implement BREAK for Mental Health Mondays every Monday in the month of May with at least 1 teacher per grade level.



Reason
for the Goal

This campaign will provide a meaningful physical activity BREAK to help students feel the mental health benefits of dance and movement. It will also help raise awareness and **break the stigma** around mental health conversations.



Efforts
Required

- Choose at least four H.Y.P.E. Breaks from Hip Hop Public Health.
 - Present this campaign to as many teachers as possible and ask them to dedicate 5 minutes at the start of their classes for a Mental Health H.Y.P.E. Break.
 - Create and post flyers that describe the mental health benefits of dance and physical activity.
 - Launch the campaign on the first Monday in May.
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Accountability
Team

- List student leadership team:
 - List faculty / staff advisors:
 - List teacher to participate in the campaign:
-



Timeline
for Results

Add Dates Below (Working Backwards)

- Launch BREAK for Mental Health Mondays:
- Create and post campaign flyers:
- Provide participating teachers links to HHPH.org H.Y.P.E. Breaks:
- Confirm teacher participation:
- Present the campaign to selected teachers:
- Choose teachers for campaign presentations:
- Research and select four H.Y.P.E. the Breaks videos on HHPH.org:

Blank GREAT Goal worksheet to help you create your own
BREAK for Mental Health Campaign.



Goal
Name



Reason
for the Goal



Efforts
Required



Accountability
Team



Timeline
for Results