

**MENTAL HEALTH PROJECT  
CAMPAIGN CALENDAR**

**MAY 2024**



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			<b>1</b> <b>KICKOFF!</b> School-wide announcement about Mental Health Awareness Month	<b>2</b> Decorate a bulletin board or put up posters around the school promoting Mental Health Awareness	<b>3</b> Social Media post about Mental Health Awareness Month	<b>4</b>
<b>5</b>	<b>6</b> <b>Week 1:</b> Announce & begin implementing GREAT Goal #1	<b>7</b> Mental Health Community Partner Highlight (set up table or booth at/during lunch)	<b>8</b>	<b>9</b> Reminder: Document with pictures & social media posts for Legacy Project submission	<b>10</b> Promote Mental Health Awareness on different platforms announcing spirit day	<b>11</b>
<b>12</b>	<b>13</b> School-wide announcement: Mindful Monday: Take 2 minutes to meditate / practice mindfulness	<b>14</b> School-wide announcement & social media post about spirit day	<b>15</b> Mental Health Awareness Spirit Day - Wear Green	<b>16</b>	<b>17</b> Update Legacy Project Checklist	<b>18</b>
<b>19</b>	<b>20</b> <b>Week 2:</b> Announce & begin implementing GREAT Goal #2	<b>21</b> Mental Health School Partner Highlight (set up table or booth at/during lunch)	<b>22</b> School-wide announcement: Write it Out Wednesday: Write a kind note to someone	<b>23</b> Mental Health Awareness social media post	<b>24</b> Update Legacy Project Checklist	<b>25</b>
<b>26</b>	<b>27</b> <b>Week 3:</b> Announce & begin implementing GREAT Goal #3	<b>28</b> Gather artifacts for Legacy Project.	<b>29</b>	<b>30</b> School-wide announcement: Thankful Thursday: Make a list of things you are thankful for	<b>31</b> Complete Legacy Project Checklist, Submit with artifacts	

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			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	