



VARSITY // BRANDS

THE COLLECTIVE
STUDENT EMPOWERMENT MONTH



LAVA SURF 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.

View more resources from Hip Hop Public Health at hhph.org

BELIEVEINYOU.COM

Sample GREAT Goal outline to help you run
Lava Surfing Dance Breaks
during Mental Health Awareness Month.



Goal
Name

Implement LAVA SURFING 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* with social and emotional lessons 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 HYPE HAWAI'I Lava Surfing for the appropriate grade level from Hip Hop Public Health (**HHPH.org/health-mcs**).
- Present the campaign to as many teachers as possible. Ask them to dedicate 15 minutes of class time for a mental health dance 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.



Accountability
Team

- List student organizers:
- List faculty / staff advisors:
- List administrators and school counselors:



Timeline
for Results

Add Dates Below (Working Backwards)

- Launch LAVA SURFING for Mental Health Mondays:
- Create and post campaign flyers:
- Provide participating teachers links to HHPH.org Lava Surfing:
- Confirm teacher participation:
- Present the campaign to selected teachers:
- Choose teachers for campaign presentations:
- Download HYPE HAWAI'I Lava Surfing resources at **HHPH.org/health-mcs**:

Blank GREAT Goal worksheet to help you create your own
Lava Surfing Dance Break.



Goal
Name



Reason
for the Goal



Efforts
Required



Accountability
Team



Timeline
for Results