

# Event Planner's Helplist



The following checklist will assist you when planning your National Child & Youth Mental Health Day in your community, school or workplace.

This checklist includes common elements that should be considered throughout the event planning process. Identifying and prioritizing pre-event tasks will help you stay organized and ensure a successful event.

## POTENTIAL ACTIVITIES

- Seek a municipal proclamation (provide link for letter and sample proclamation)
- Student activity in school (link to our activities and materials)
- Teal color and/or heart shaped foods
- Teal clothing or decorations
- Play short videos that promote caring and wellness (share link to our I care about you video - <https://www.youtube.com/watch?v=A38yFNYFvb4>)
- Community walks
- Shopping centre displays
- School talks and visits
- Appreciation and/or Information Luncheons - Lunch & Learns.
- Community activity night
- Display within your library of children's books that promote mental wellness.
- Host Information Sessions on mental health
- Participate on social media by sharing images
- Venue lighting - light up teal (or similar color) on May 7th.