



VARSITY // BRANDS

# THE COLLECTIVE

STUDENT EMPOWERMENT SUMMIT



## 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](http://BelieveInYou.com).

For H.Y.P.E. The Breaks physical activity videos visit – [HHPH.org](http://HHPH.org)

# BELIEVE IN 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.

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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.

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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.

**G**

Goal  
Name

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**R**

Reason  
for the Goal

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**E**

Efforts  
Required

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**A**

Accountability  
Team

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**T**

Timeline  
for Results