

# Roadmap to Wellness

## March - "Spring" into Action

### 1. Rational

Move into the spring with a thriving mentally well campus.

Ensure students and staff have the tools to be mentally well and that your campus is connected!



### 2. Connect to Student Body

- March 19 is National Let's Laugh Day. Celebrate the united force of laughter by handing out Laffy Taffy.
- Have a best/worst joke contest
- Take photos of smiles to see who can identify the student or staff person.
- Have an event for new students who enroll this month
- Show some short videos guaranteed to produce laughter.



### 3. Connected Campus

- Ask every staff member to tell a joke in class and vote for the best/worst joke teller.
- Have a Spring Fever Reliever Week with hula hoop contests, rubber chicken throw contests, silly Hat Day (have old newspapers and tape in the cafeteria for students to make their own hats.)



### 4. Connected to Resource

- Celebrate National Social Work Month
- March 1 is Self-Injury Awareness Day
- March 13 - 19 is National Sleep Awareness Week



### School To-Do/Checklist:

