“Move with Music” Announcement Template

Good morning/afternoon students of (insert school name). My name is

 and I am representing (insert club name), which is focused on: (insert club mission statement).

Today I would like to invite all of you to join a growing movement of shifting the mental health culture from awareness to action by moving with music!

Taking mental health action can look different for everyone, and we acknowledge that not everyone’s access to resources looks the same. Our wish today is to empower you to take one hour for yourself, your loved ones, or your community in the name of wellness and joy. To get started, we invite everyone to take a collective action that centers on music and movement. As a matter of fact, music can help us relieve stress, feel our feelings, and feel more connected to others. Movement can allow us to feel more grounded and connected to our bodies, boost our energy, and help us get “unstuck” from difficult emotions.

So for the next (#) minutes, we will be playing (name of song) by (artist) over the loudspeaker and inviting you all to take a break by connecting with a classmate, doing a simple stretch, break out your favorite dance moves, doodle, or focus on your breath. However you choose to Move with Music. This is YOUR time to take action for YOUR mental health! Let’s get started.

* Play song - school appropriate

I hope you enjoyed this break for your mental health. As you’re cooling down, I would like to share this affirmation with all of you, but especially for those who may need a little pick-me-up today!

[Insert affirmation]

*Example affirmations:*

* *You can make a difference in your community by supporting your mental health and that of others*
* *You are loved and are doing your best*
* *You are enough*
* *You deserve to credit yourself for all the work that you’ve been doing*
* *You are capable of inspiring others*
* *You are allowed to take up space*

Thank you for taking collective action today! Before you go back to your daily routine we have one last call to action:

Please take a look at the Mental Health Action Day card we’ve handed out, courtesy of Our Minds Matter. We challenge you to do two things: [Acknowledge, Support, and Keep-in-Touch](http://bit.ly/ommwillask) with your loved ones, and pick out at least ONE additional action item to take today for mental health–whether it be for yourself, a loved one, or your community.

Join us in moving from awareness to taking action on mental health! Together we can change the mental health culture at [insert school name]

END



Example Statement for Club Focus

 Minds Matter is focused on ending the stigma around mental health, learning and working on our skills to manage our mental health and support our peers, increasing awareness about mental health resources, and ultimately creating a better school culture for everyone’s mental health

Song to Play

Whatever song you think will resonate the most with your school community!

Tips

* Adjust the script and messaging to resonate with your school community!
* Consider plugging any school or other free mental health resources
* Let them know how they can get involved with your club