

omm club roadmap

our minds
matter

fall recommended activities:



- * **The Power of Music**: Identify and express emotions through music by creating mood playlists
- * **Lighten the Load**: Find strength in sharing your struggles with others
- * **Celebrating All of Me**: create self-portraits to showcase all aspects of your identity

winter recommended activities:



- * **My Own Emoji**: create emojis that make everyone feel seen
- * **We All Feel**: explore the connection between gender & mental health
- * **Red Flag, Green Flag**: explore what makes a relationship healthy vs. unhealthy

spring recommended activities:



- * **Line of Privilege**: learn how privilege and oppression impact mental health
- * **Social Media is Lying to You**: discuss social media, the pitfalls of comparison, and mental health
- * **Heal from Stress**: design your own band-aids with coping skills for stress

because
You
matter.

september - december recommended campaign:

Because You Matter:

Foster an environment that prioritizes mental wellness, self-love, & hope

we
belong

january - may recommended campaign:

We Belong Week:

Cultivate a sense of school-wide belonging with a spirit week