



HOME CHALLENGES

What's the Commotion about Emotions? Home Challenge

Copy for school health facilitators/champions

This home challenge encourages students to take a leadership role in improving the emotional wellness and mental health of their families by initiating conversation around positive emotions. The challenge works well in conjunction with the *What's the Commotion about Emotions?* monthly campaign.

Encourage staff to engage their students in the challenge by offering to reward participating classes with a healthy celebration (e.g., extra recess or physical education time, class dance party, or healthy food celebration). Consider running this challenge as a school-wide event to see how many families participate.

Please send out the attached email copy to school staff explaining how to facilitate this activity for their students. Each student will require the instruction/tracking sheet for parents that needs to be filled out for 7 days (attached).

Email copy for staff

Please personalize as you see fit.

Hello **(School name)** staff,

This is a valuable home challenge that I encourage you to initiate in your classroom during the *What's the Commotion about Emotions?* monthly campaign. The purpose of this activity is to encourage students to initiative conversations about positive emotions in their homes.

All you need to do is:

1. Read through the home challenge parent instructions (attached) to get familiar with it.
2. Explain the activity and give each student an instruction and tracking sheet to take home.
3. Remind students throughout the week to participate and have fun with the challenge.

After the two weeks, please collect completed and signed tracking sheets. Remind your students to initiate the conversations using the suggested question prompts, as this is an excellent opportunity for them to take a leadership role in a beneficial mental health focused activity. Encourage participation by offering a healthy class reward like (chosen healthy celebration).

And remember to have fun!