

Chill Week 2020-2021

To officially launch the 2020-2021 Change to Chill (CTC) School Partnership, your school is invited to participate in **Chill Week during the week of October 5-9**. Structured to resemble a traditional homecoming week, Chill Week focuses on a daily theme decided by this summer's Chill Champion student interns to engage students in thinking about and practicing self-care through CTC. This year, we are changing things up to accommodate different school schedules – students can participate in-person or through distance learning!

Allina Health will promote each day of the week through their social media accounts for people to participate from home no matter their age!

Below is a script outlining information on the daily themes you can include in morning announcements, online discussion boards, homeroom or advisory period each day, along with a variety of corresponding CTC activities, ranging from 5 minutes to over an hour, you can choose to implement (with the help of your school's Chill Champion student interns!) in a classroom, online discussion boards, school websites, lunch hour or after school setting. Items listed in **purple** below can be ordered at no-cost for your school from the CTC [Merch Shop](#).

Also, remember to remind students (and staff) to use #ChillWeek to share photos and activities on social media!

Mindful Monday

- Welcome to the start of Chill Week, created and sponsored by the CTC School Partnership and your school's Chill Champion leaders. CTC is a free, online, teen mental well-being program offered by Allina Health. This school year sixteen middle and high schools across Minnesota and Western Wisconsin were chosen to participate in the CTC School Partnership, which is a unique opportunity for your school to address student mental health – driven and led by you, the students! The Partnership supports school-wide efforts to create and nurture a culture of mental well-being among students and staff.

Chill Week is the grand kickoff to the School Partnership and was designed by students from your school to help bring awareness to CTC and some mental well-being topics.

Today is "Mindful" Monday - focused on learning a bit more about CTC as well as an opportunity to try different mindfulness exercises. Mindfulness, the foundation of CTC, is the act of bringing awareness to the present moment by acknowledging and accepting thoughts, feelings and sensations in the body. By practicing general awareness you can connect to the present moment, slowing down your thoughts and, ultimately, calming your body and brain.

[insert information on the selected activity for the day, including location and time]

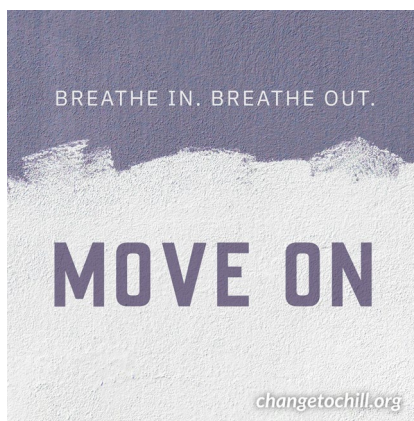
Finally, don't forget to use #ChillWeek if you post your or mindfulness activity on social media!

SHORT LENGTH ACTIVITIES:

- Start the day off by watching (or posting the link to) the intro video on the Change to Chill website found here: https://youtu.be/R7S_WVQ0LRo.
- Looking for more information on mindfulness? Check out this great explainer video: <https://www.youtube.com/watch?v=SHuK0oJMAzY>.
- Wondering how you can apply a mindfulness practice? Play this funny short video: <https://www.youtube.com/watch?v=1Y-03SITmRI>.
- Share [Mindful Walking](#) or [Mindful Eating](#) infographics with your students and staff!
- Encourage students to enter the [Chiller Challenge](#) and submit ideas that promote mindfulness.
- Post images like those below on your school website or in email announcements for your students to find inspiration.

MEDIUM LENGTH ACTIVITIES:

- Does your school have a Chill Zone? If so, explain to students where the Chill Zone is located and encourage them to take a few minutes to check it out! If not, tell them it's coming and they can visit Change to Chill's Virtual Chill Zone in the meantime.
- Walk students or staff through a mindfulness exercise using Change to Chill's [Mindful Eating script](#).
- Send students and staff a link to our [Mindful Eating webinar](#).



Talk It Out Tuesday

- Today, the Chill Week focus is "Talk It Out" Tuesday! Find a friend or someone you feel comfortable talking to and start a conversation. Go beyond the question of "how are you?" to ask "how are you really?" and share what you're truly feeling with one another. Showing someone they are not alone and sitting with them in whatever they are feeling helps improve feelings of belongingness and happiness.

[insert information on the selected activity for the day, including location and time]

Finally, don't forget to use #ChillWeek if you post your act of sharing on social media!

SHORT LENGTH ACTIVITIES:

- Share the [CTC Feelings Wheel](#) and encourage students to talk with a classmate, friend or family member about how they are feeling.
- Share the [Stepping Outside the Box](#) activity and explain the value of getting others' perspectives.
- Watch the [9 Ways to Manage Stress](#) video and ask students to try one activity and share what they thought with a friend.

MEDIUM LENGTH ACTIVITIES:

- Write on a **CTC Gratitude card** and hand it out or send a note to someone you care about.
- Check out the [Conversation Starters](#) on the CTC website and lead a classroom discussion about stigma.

LONG LENGTH ACTIVITIES:

- Share Change to Chill's webinar, "[Staying Connected While Physically Distant](#)," with students and staff to learn more ways to support one another.



Welcome Wednesday

- Today's Chill Week theme day is... "Welcome" Wednesday! Today's focus is welcoming others and showing kindness to those you come across. When we reach out to others to check in on them or just to say hi and share a smile, we spread kindness and help relieve stress. Welcoming others is a great way to get to know people and build trusting relationships.

[insert information on the selected activity for the day, including location and time]

Finally, don't forget to use #ChillWeek if you post your welcome activity on social media!

SHORT LENGTH ACTIVITIES

- Try out some of these "[Conversation Starters](#)" with students or ask students to use them to reach out to students they don't already know.
- Ask students to write a note on a **CTC postcard** and write a positive note to someone they don't already know well.

MEDIUM LENGTH ACTIVITIES

- During lunch or in a classroom discussion board, hang up a large sheet of paper or start a new document and ask students write anonymous positive messages to one another. Hang the sheet up or post the document where all students can see.

LONG LENGTH ACTIVITIES

- Walk students through an exercise using CTC's [Gratitude Meditation script](#). Lead a discussion about how students feel and what came to mind during the exercise.
- Share CTC's webinar, "[Gratitude: Focusing on the Positive](#)," with students and staff to learn more ways to build resilience through gratitude.



Think it Through Thursday

- Good morning and welcome to "Think It Through" Thursday, the fourth day of Chill Week! Sometimes we need a new perspective to help us think it through before we act. Meditation practices may be just what we need to clear our mind of all the 'stuff' that's weighing down on us in order to think more clearly. Find out what works best for you to relieve stress and let today be the push you need to do just that!

[insert information on the selected activity for the day, including location and time]

Don't forget to use #ChillWeek if you post your activity on social media!

SHORT LENGTH ACTIVITIES

- It is also important to sort emotional and mental space to help us think more clearly. Guided imagery can help bring students to a mental space free of stress and in times where they may have a lot going on in life. Activities could include:
 - Guided Imagery intro video: https://www.youtube.com/watch?time_continue=1&v=BD3ubF-5KCg
 - Get Focused Meditation: <https://www.changetochill.org/how-can-i/use-guided-imagery/>
 - Special Place Guided Imagery: <https://www.changetochill.org/how-can-i/use-guided-imagery/>

MEDIUM LENGTH ACTIVITIES

- Talk about the use of social media and thinking things through before posting. Our digital footprints live on long after we're gone.
- Help students spread the word about practicing guided imagery as a great way to de-clutter their mental space. Have a group of students hand out **CTC guided imagery fliers** or hang up around the school.

LONG LENGTH ACTIVITIES

- Walk through this [Guided Imagery Lesson](#) with students and practice the activities as a class.



Fresh Friday

- The final day of Chill Week is "Fresh" Friday! Hopefully, everyone is feeling a little more comfortable with mindfulness, guided imagery, and other stress relieving techniques that can all be found on the CTC website. Today's focus is all about starting fresh and working on finding the fun in every day activities.

[insert information on the selected activity for the day, including location and time]

Finally, don't forget to use #ChillWeek if you post your activity on social media!

SHORT LENGTH ACTIVITIES

- Students can take time to be creative, have some fun and practice mindfulness using the CTC mindfulness coloring pages: <https://www.changetochill.org/activities-tools/>. There are 15 different options to choose from!
- Tell students to submit their fresh ideas in the [Chiller Challenge](#). Each month, ten submissions are chosen to receive a gift card.

MEDIUM LENGTH ACTIVITIES

- Post a "[chill break](#)" activity for your students on your school website or ask homeroom teachers to facilitate one.
- Is there a Chill Club at your school? Is there interest with the Chill Champions to have more student support? Have the Chill Champions set up a table in the lunchroom to spread awareness! The table could include CTC giveaways like **bracelets**, **pop sockets** or **window clings**!

LONG LENGTH ACTIVITIES

- Support the Chill Champions in hosting a fish bowl – an opportunity for students to have an interactive conversation with key school staff (health teachers, counselors, social workers, etc.) about mental health in the school virtually or in-person.

