

Chill Week

Part of Allina Health's [Change to Chill™](#)

To officially launch the 2021-2022 Change to Chill (CTC) School Partnership, your school is invited to participate in **Chill Week during the week of October 11-15**. Structured to resemble a traditional homecoming week, Chill Week focuses on a daily theme decided by Chill Champion student interns to engage students to think about and practice self-care. Here is an overview of the daily themes:

- **Move-it Monday** – focuses on physical activity and mindful movement.
- **Tour Tuesday** – encourages teens to find the places in their communities that help them unwind and de-stress (i.e. school Chill Zone, local park, community garden, etc.).
- **Well-being Wednesday** – directs teens to the CTC Stress Factor Quiz to assess their stressors, understand their physical impacts, and learn ways to cope. Also engages teens in a discussion about mental health stigma.
- **Thankful Thursday** – encourages teens to practice gratitude as a way to improve their mood and overall health and well-being.
- **Friendship Friday** – emphasizes the importance of social connectedness and healthy relationships.

Using the reference guide below, here are some ways that your school can engage in Chill Week:

Participate:

- Engage your school's Chill Champions and/or other interested students in the planning and implementation of Chill Week at your school.
- Try out one (or more) of the activities listed under each day with students during class time, lunch hour or in an after school setting.
- Check out activities and information from our sister programs [Health Powered Kids™](#) and [Hello4Health™](#) included below as well.
- Order Change to Chill merchandise to give to students or use throughout your school. Items listed in **purple** below can be ordered at no-cost for your school from the CTC [Merch Shop](#).

Promote:

- Include descriptions of the daily themes and activities in morning announcements, online discussion boards, or homeroom or advisory period each day.
- Share information about Chill Week with parents and families by using language in the reference guide in your school newsletter, on the school website, or other communications.
- You can also use the chiller images each day in social media platforms, print materials, and digital screens.
- Remind students (and staff) to use **#ChillWeek** to share photos and activities on social media! Allina Health will also promote each day of the week through their social media accounts for people to participate from home no matter their age.

Remember that the goal of this week is to get students thinking about self-care, and to have fun doing it! You may decide to participate in only one day this week. You may decide to host Chill Week at your school later on in the school year. However and whenever you participate, we thank you for advocating for mental well-being at your school!

Move-it Monday

Theme: "Move-it" Monday provides an opportunity to try different activities to get the body moving.

Key messages:

- Finding ways to regularly move your body, including walking, dancing, or stretching, has positive impacts on both your body and your brain.
- It's also important to remember that people move in different ways and there is no one right way to move. For any activities or exercises you promote today, make sure that there are options for students and/or staff with physical limitations. Everyone should be able to participate however they can.

CHANGE TO CHILL 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. (2 minutes)
- Incorporate one or more [Mindful Movement Chill Breaks](#) into the school day and encourage students to engage in mindful movement in any room, including the school [hallway](#) or even their [kitchen](#), [bedroom](#) or [study room/den](#) at home. (2-10 minutes)
- Share the [Mindful Walking guide](#) with your students and staff!
- For students involved in sports, share [Change to Chill for Athletes](#) to get them thinking about the connection between mental health and athletic performance, readiness for competition and overall success.

OTHER ACTIVITIES:

Incorporate mindful movement into the school day using [Power Chargers](#) from Health Powered Kids. Here are some examples:

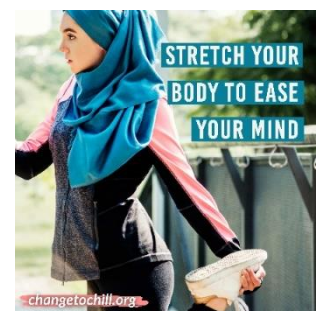
- [Arm Burners](#) (5 minutes)
- [Leg lifts](#) (5 minutes)
- [Sun Breath](#)/(10 minutes)
- And keep an eye out for new Power Charger videos coming to [Health Powered Kids](#) website soon!

Share resources from [Hello4Health](#) to engage students or staff in conversations about the link between physical activity and social connectedness:

- [Connecting through sports](#)
- [Connecting through exercise](#)

Images for social media, digital screens, newsletters, online materials, etc.

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



Tour Tuesday

Theme: "Tour" Tuesday encourages teens to find calming places in their communities.

Key messages:

- It can be helpful to know where you can go when you are feeling anxious or stressed. Take a tour of your school, neighborhood, or the broader community and make note of the places that help you unwind and de-stress.
- This could include your school's [Chill Zone](#), a nearby park, your local library, or a community garden. Online or virtual spaces may also be included in this, such as online chat rooms, social media platforms, or other virtual spaces that help you relax your mind and body.

CHANGE TO CHILL ACTIVITIES:

- Does your school have a Chill Zone? If so, explain to students and staff where the Chill Zone is located and encourage them to take a few minutes to check it out! You can even enlist the help of your school's Chill Champions or Chill Club, if applicable, to give tours to students throughout the school day. If your school doesn't yet have a Chill Zone, tell students that it's coming and they can visit Change to Chill's [Virtual Chill Zone](#) in the meantime.
- Encourage students, staff, and families to take a tour of the [Change to Chill website](#) to find activities and resources that resonate with them and can help to reduce any feelings of stress or anxiety they may be experiencing.
- Share the [CTC Feelings Wheel](#) and encourage students to use it to help identify how they are feeling as they tour the community.
- Use the [Guided Imagery Infographic](#) or the [Special Place Guided Imagery](#) audio meditation (5 minutes) to help students envision their happy places, whether in the community or farther away.

OTHER ACTIVITIES:

- Encourage students to use this resource from Hello4Health to conduct a [Neighborhood Scavenger Hunt](#) to get them thinking about the special places in their communities.
- Explore and discover your local community. Spend time at parks, museums, farmers markets in your area.

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Well-being Wednesday

Theme: "Well-being" Wednesday is about reflecting on what well-being means to you and things that contribute to your sense of well-being. It is also an opportunity to talk about mental health stigma.

Key messages:

- Well-being is the state of being comfortable, happy, or healthy. This includes physical health *and* mental health, which are often interconnected.
- There are many different ways to tend to your well-being. This might include meditation, breathing exercises or connecting with friends and family members.
- We also acknowledge that these conversations may be new or difficult for some individuals or communities due to mental health stigma, which involves negative attitudes or discrimination against someone with mental illness. The more we talk about and normalize mental health and mental health care, the more we help to address and end stigma.

CHANGE TO CHILL ACTIVITIES:

- Have students take Change to Chill's [Stress Factor Quiz](#) to help them identify their stressors, how stress affects them, and ways to cope.
- Watch the [9 Ways to Manage Stress](#) video and ask students to try one activity and share what they thought with a friend. (3 minutes)
- Check out the [Conversation Starters](#) and/or the [Language Matters](#) handout on the CTC website and lead a classroom or staff discussion about stigma.
- 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.
- 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 **stress balls, pins** and **bracelets!**

OTHER ACTIVITY:

Loneliness also plays a part in our health and well-being, but it can be challenging to talk about. Check out Hello4Health's resource on [How to Talk about Loneliness](#) to help get the conversation started.

Images for social media, digital screens, newsletters, online materials, etc.

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Thankful Thursday

Theme: "Thankful" Thursday challenges us to shift our minds from focusing on the negative to appreciating what is positive in our lives.

Key messages:

- When we are feeling overwhelmed or anxious, it can be helpful to remember the people, places, and things that you are grateful for. It can also improve mood, decrease stress, and enhance our overall level of health and well-being.
- Challenge yourself to find one way to practice gratitude today and reflect on how it makes you feel. You may find you'd like to do it more often!

CHANGE TO CHILL ACTIVITIES:

- Take time out of the school day to have students or staff share [Three Good Things](#).
- Share the [Gratitude worksheet](#) with students or staff and allow time for individual reflection and/or group discussion.
- 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.
- Write on a [CTC Gratitude card](#) and hand it out or send a note to someone you care about.

OTHER ACTIVITIES

Check out Hello4Health's resource on [Gratitude Texting Groups](#) and encourage students to start one among their friends or family. You could even start a gratitude texting group or email chain among your co-workers and other school staff!

Share the Health Powered Kids lesson on [Gratefuls and Grumbles](#) with parents and families to help them engage their children in conversations about gratitude.

Images for social media, digital screens, newsletters, online materials, etc.

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Friendship Friday

Theme: "Friendship" Friday is all about the importance of being socially connected, which is when you feel you belong and feel close to other people.

Key messages:

- Social connections include family, friends, classmates, neighbors, teammates, and anyone else you feel close with. Today, we encourage you to reflect on the social connections you have and do something special to show them how much you care.
- You could also take some time today to make a new friend or reconnect with a friend you haven't spoken to in a while.

CHANGE TO CHILL ACTIVITIES:

- Ask students to make a list of their 3 AM friends: these are friends who you could call if you are feeling lonely and need someone to talk to. Encourage students to let these friends know that they are appreciated and will be supported too.
- 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.
- Communication, boundaries, and conflict resolution are important parts of any friendship. Share Change to Chill resources on [Healthy Communication](#) and ask students to reflect on how these concepts play out in their relationships.

OTHER ACTIVITY:

Share resources from [Hello4Health](#) with students or staff to help them develop new social connections and/or deepen their existing connections. Here are some examples:

- [Building new connections](#)
- [Connection across differences](#)
- [Connecting across cultures](#)
- [Deepening conversations](#)
- [Social connections bingo](#)

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