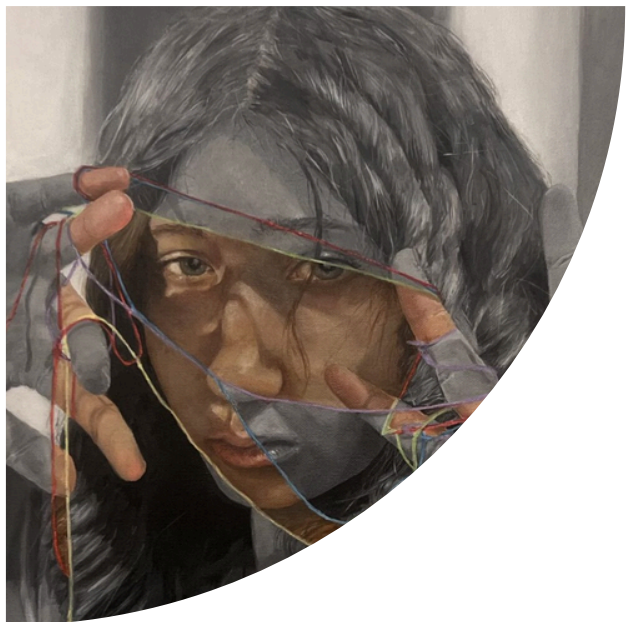


2026 World Teen Mental Wellness Day Activity Guide



Creative Activities for World Teen Mental Wellness Day

Designed by the National Mental Health Youth Council

Celebrate World Teen Mental Wellness Day on **Monday, March 2!** This guide offers a few creative activities to help you reflect on your experiences, express yourself, and strengthen connections in your school and community.

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Choose an Activity to Get Started:



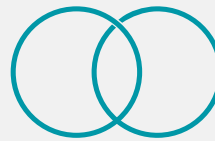
What's on the Menu
Self-Care in Action



Vision Boards
Seeing Beyond Stigma



Poetry
Growth in Quiet Moments



One Word Connection Wall

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Awards & Recognition:

- **Global Youth Gallery:** All submissions will be considered for inclusion
- **40 Awards:** from \$100 – \$500
- **Moleskine Journal:** First 500 U.S. participants to submit will receive one.

Submit your work!

Deadline is March 31, 2026
createconnectcare.org/submit

What's On The Menu: Self-Care In Action



Inspired By: Aryanna
2026 Youth Council Member

OBJECTIVE

For this activity, you'll design a personalized "Dopamine Menu", a creative list of healthy, positive activities that help boost your mood and support emotional balance that will resemble a restaurant-style menu in appearance.

This activity helps you intentionally identify healthy strategies that support your mood and motivation, giving you a personalized toolkit you can return to whenever you need a reset.

Quick Science Note:

Dopamine is a feel-good chemical messenger that travels between your brain's neurons (the cells that send messages in your brain). It helps you feel motivated, focused, and rewarded when you accomplish something or experience joy.

INSTRUCTIONS

- 1 Think about activities that genuinely make you feel good: calmer, happier, more energized, or more focused.
- 2 Organize your ideas into categories like these (or create your own!):
 - **Quick Boosts** – small things you can do fast
 - **Creative Comforts** – art, music, writing, building, designing
 - **Movement & Energy** – stretching, dancing, walking, sports
 - **Connection Moments** – texting a friend, family time, checking in
 - **Calm & Reset** – deep breathing, journaling, quiet time, mindfulness
- 3 Design your restaurant-style menu creatively. Your menu can be hand-drawn, painted, or digital.
- 4 Make it personal. Add color, doodles, descriptions, or even "specials of the day."

Submission Ideas:

- Share a photo of your completed Dopamine Menu
- Submit a screenshot or PDF of your digital version
- Record a 30-second video explaining one item

Final Thought

Self-care isn't selfish; it's how you sustain your energy, resilience, and ability to show up for yourself and others.



Vision Boards: Seeing Beyond Stigma

OBJECTIVE



Inspired By: Ava
2026 Youth Council Member

This activity invites you to creatively imagine a healthier, more supportive future for teens in terms of mental well-being. Through images, words, and meaningful symbols, you'll design a vision board that captures what true support, understanding, and acceptance could look and feel like in your school and community.

By making your vision visible, you help challenge stigma and contribute to a culture where mental health is respected, discussed openly, and supported.

INSTRUCTIONS

- 1 Reflect on one or more of these questions:
 - What does teen mental wellness look like in my community?
 - What would a stigma-free school feel like?
 - What support do teens deserve?
- 2 Create a vision board that represents your answers. You can choose a format that fits your style:
 - A physical collage (poster board, magazine cutouts, printed images)
 - A digital mood board (Canva, Google Slides, etc.)
 - A Pinterest-style slide deck
 - A short narrated video walking through your board
- 3 Include a mix of meaningful elements such as:
 - Words or phrases
 - Statistics about teen mental health
 - Quotes
 - Images of support systems (friends, counselors, families, safe spaces)
 - Personal affirmations

Submission Ideas:

- Share a photo of your completed physical board
- Submit a screenshot or PDF of your digital version
- Record a 30–60 second video explaining your vision

Final Thought

Awareness creates change by making mental health visible, breaking stigma, and inspiring others to imagine and build more supportive communities for teens.



Poetry:

Growth In Quiet Moments

OBJECTIVE



Inspired By: Ardisha
2026 Youth Council Member

This activity invites you to reflect on the quiet, often unseen ways we grow and heal. Through poetry, you'll explore the small choices, subtle shifts, and everyday choices that shape your mental well-being.

By putting these moments into words, you help validate and raise awareness of the experiences that are often overlooked and challenge the idea that growth only counts when others see it.

INSTRUCTIONS

- 1 Use this prompt to guide your writing:
 - “Write a poem about small growth in the quieter moments of life.”
- 2 Consider exploring quiet moments such as:
 - Taking one deep breath
 - Walking through the park or the neighborhood
 - Watching the sun rise or set
 - Being at one with your body as you stretch
 - Listening to music with your eyes closed
- 3 Connect the quiet moment you chose by asking yourself, *“How did this moment change me, strengthen me, or help me grow?”*

In your poem, show how the reflection that occurred in the quiet moment led to resilience, clarity, courage, or healing.

Optional: End your poem with one line of hope.

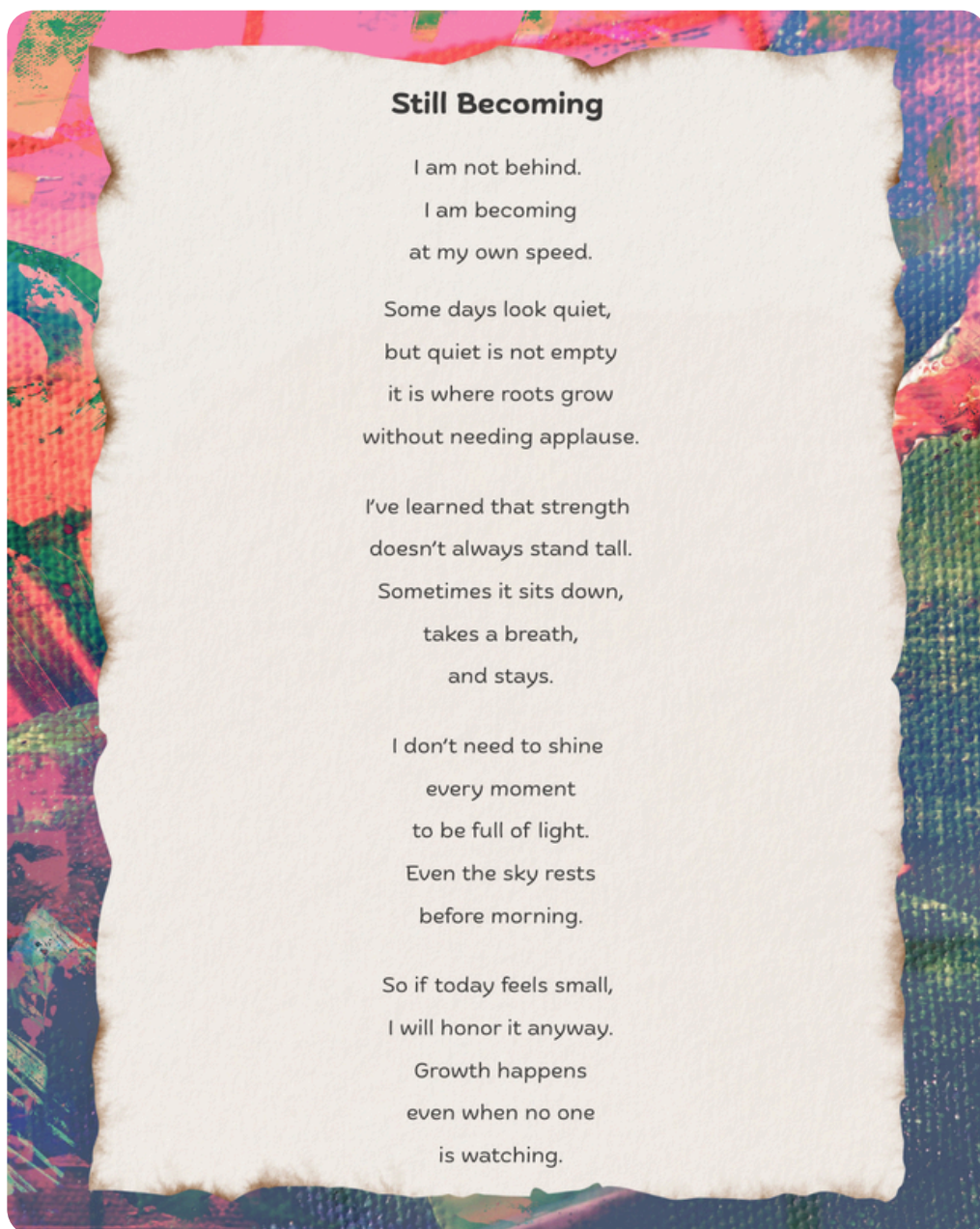
- 4 Choose a format that feels authentic to you:
 - Spoken word performance
 - A typed or handwritten poem
 - An illustrated poetry page
 - Blackout poetry using magazine pages
 - An audio or video recording of your poem with soft music in the background

Submission Ideas:

- Share a photo of your written or illustrated poem
- Submit a short video of you performing your poem
- Record an audio version with or without music

Final Thought

Growth doesn't have to be loud to matter. Every small step forward, even the ones no one else sees, is real progress and proof of your strength.



One Word Connection Wall

OBJECTIVE



Inspired By: Madison
2026 Youth Council Member

This activity highlights how a single word can hold powerful meaning. By sharing just one word about how you feel or what you hope for, you are contributing to a collective snapshot of your community's emotional landscape.

When words are brought together, they reveal shared values, experiences, and emotions. Thereby, reminding us that we are often more connected than we realize.

Note:

This collaborative activity can be completed together as a class, club, or even schoolwide/organizational initiative.

INSTRUCTIONS

- 1 **Pause and reflect:** Take a quiet moment to check in with yourself. How are you really feeling right now? What emotion, mindset, or intention stands out most? Choose one word that honestly represents your current feeling and one word that reflects a mental well-being goal or intention for your day.
- 2 **Create Your Card:** Write your word on a flashcard, piece of paper, or create a digital equivalent. You can keep it simple or decorate it with colors, symbols, or small illustrations that reflect your mood.
- 3 **Build the Collective Display:** Combine everyone's words into a shared format, such as:
 - A collage wall
 - A mosaic
 - A short video slideshow
 - A word cloud

- 4 After completion of the collective display, reflect on questions like:
- What patterns do we notice?
 - Where do you see connections?
 - How does seeing the connections make you feel?
- 5 **Optional Extension:** Repeat the activity weekly and see how the words and emotions shift over time. Also, reflect on how these shifts affect the group dynamic.

Submission Ideas:

- Share a photo of your individual word card
- Submit a photo or screenshot of the completed wall, mosaic, or word cloud
- Create a short video highlighting the collective display

Final Thought

Even a single word has the power to bridge distance, spark understanding, and remind us that we are not alone.

