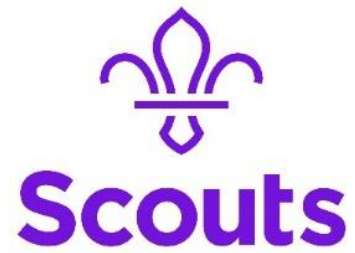


Activity five: tell the world



Words and wellbeing

Time 45 minutes

You will need

Display board
Flipchart paper
Photos, blogs, videos, and vlogs
Clippings from local newspapers
Sticky notes
Pens, and paper.

Before you begin

- Contact a local organisation that's open to the public, for example, a library, community centre, or GP practice.
- Ask the organisation if they can display a board about mental health for a set time, maybe a week or two).
- If you can't find an organisation to display the board, you could display it at one of your events or a District event.

Make a display

1. The person leading the activity should write a heading on the flipchart paper. They should include the name of the group, some brief information about what they did, and a question to encourage people to engage. Everyone could help think of ideas.
For example, [Our Cubs] spent six months completing a community impact project about mental health. How do you look after your mental wellbeing?
2. The person leading the activity should put the flipchart paper in the middle of a display board, with a wide border around it.
3. Everyone should stick postcards, media clippings, items and photos taken during their project around the paper to fill the border. They should make sure it's clear what they did.

Put it on show

1. Everyone should put the display up in a public place, as agreed before they began. They should leave sticky notes, pens and instructions that encourage the public to write down how they take care of their mental health or what they think about the project. Members of the public should stick their ideas onto the display.
2. After the agreed time, the person leading the activity should take down the display and bring it back to a meeting. Everyone should read the sticky notes to see their impact on the local community.
The person leading the activity might want to check the sticky notes first, to make sure they're all appropriate.