



# our minds matter



We are happy to announce that Minding Your Mind and the Josh Anderson Foundation partnered to offer students the opportunity to start a student-led club called, Our Minds Matter.

OMM is a club that normalizes the conversation of mental health by focusing on increasing help-seeking, promoting social connectedness, and encouraging healthy self-care.

There are nine themes spread out over a nine-month period. Under each theme are three specific topics that the students will focus on.

## Themes Include:

- Resource Awareness
- Stigma Reduction
- Social Systems of Support
- Respect
- Healthy Habits
- Coping Skills
- Healthy Mindset
- Mindfulness in Adversity
- Compassion in Action



The curriculum gives students a wide-range of activities, which includes: objectives, ice breakers, discussion and goals. The OMM handbook is provided, free of charge, with instructions for all activities and club meetings.

# Supplies Needed for OMM Activities and Ice Breakers

- Fidget spinner
- Tape
- Bandanas
- Measuring tape
- Post-its
- Polaroid camera
- Writing utensils
- Poster
- Printer for pdf files
- Computer/audio equipment
- Construction paper
- Sharpies
- A/V equipment
- Laptops (2 activities)
- Yoga mat or towel
- Colored pencils
- Paper plates
- Crayons
- Lavender essential oil
- Dish tub
- Flour
- Oil
- Measuring cups
- Video camera/smart phone
- Magazines for cutting-up
- Feathers
- Bubbles
- Ping pong balls
- Bendy straws
- Beanbag chairs/furniture
- Coloring books
- Playdough
- Paint & paint brushes



## My Role Here at Minding Your Mind

My role is to communicate with you throughout the school year for any help or assistance you may need. I'm also here to see how things are going with your club and hear how your students are responding to the resources and activities that OMM provides.

If you would like to start a club or find out more information, please visit [www.mindingyourmind.org/what-we-do](http://www.mindingyourmind.org/what-we-do). Also, email me at [jordan@mindingyourmind.org](mailto:jordan@mindingyourmind.org) if you have any questions. Thank you for taking the time to read about Our Minds Matter and I hope we can assist you in starting a club at your school!

Visit Us: [mindingyourmind.org](http://mindingyourmind.org)

Contact Us:



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