![ROOM IN THE INN logo]

Class Room Mental Health Chart "How To" Guide

One way to create space for mental health awareness in the classroom, home, or within a team of coworkers is to create a mental health chart where people can share how they are doing on a daily or weekly basis. This chart can be kept on a poster board, whiteboard, or wherever works best for you. Each day or each week students, family members, or teammates can plot themselves on the mental health spectrum that you create. Below are examples and instructions for creating your own mental health chart.

Materials:

☐ **Makers or colored pencils**

☐ **Poster board or white board**

☐ **Sticky Notes**

Instructions:

1. At the top of the poster board or white board write something like "Mental Health Check-in" or "How are you doing today?"

2. List the different mental health levels on your spectrum so people can place a sticky note with their name on it. (ie: I'm Great, I'm Good, I'm meh, I'm Struggling, I'm having a hard time and wouldn't mind a check-in, and I'm in a really dark place)

3. Provide sticky notes for people to put their name on.

4. List these instructions: "Grab a sticky note. Write your name on the back and stick it to the phrase that matches your feelings today."

5. Have students, family members, or teammates place themselves on the chart each day or week.