

## Memorable May

### overview

#### Theme

Make new memories.

#### Initiative

Make memories this month! It's always easier to GetLiving when the weather is nice and the sun is out. Try new things, get together with friends, and spend time with family. **Enjoy** the end of spring and get excited for summer. Make sure you are keeping yourself and others safe during your adventures.

# driving activity

## Spring Car Cleaning

### Objective

Students will plan a school or chapter-wide event encouraging people to clean their cars.

### Overview

Making memories often means driving friends around and you don't want trash and clutter taking up space and causing distractions. By keeping your car clean, you're more likely to respect the space – and having more respect for your car leads to safer driving. It's easy to let car litter get out of control, especially when you're busy with school, extracurriculars, and jobs. Setting aside time just for cleaning (maybe with friends!) makes the chore a lot more effective and fun.

### Introduction

- Discuss why cleaning your car leads to safer driving.
- Decide if you want it to be only your chapter or if you want it to be a school-wide event.
- If it is school-wide, make sure you get approval from the administration.
- Gather materials necessary for cleaning a car (trash/recycle bags, cleaning wipes, vacuums if possible).

### Activity

Have a car-cleaning party during a planned 30 minute period.

- Advertise! Make posters and hang them around the school, telling other students what, when, and why.
- Have your chapter students walk around with trash bags for other students.
- Create a fun contest (have participating students tell your chapter about the wildest thing they found in their car).
- Play music!
- Extra: have a raffle for a gift card.
- Person who wins the raffle (they must participate in the car cleaning party to win) gets a gift card.

# wellness activity

## Spring Phone Cleaning

### Objective

Students will delete unnecessary apps from their phones.

### Overview

For many students, May means the end of school. Students may be stressed with finals, or are preparing for the summer break after finals are over. Either way, it's a good time to clean out your phone. We've all downloaded unnecessary apps at one point or another, and many of them are just sitting and taking up storage space. We can also take this activity literally: physically clean the phones as well! Our devices are one of the biggest places for germs and bacteria to collect. Go into the summer with a clean phone and a fresh start.

### Introduction

- Discuss why phone cleaning can be helpful – both with apps and with physical cleaning.
- Use this opportunity to challenge students to clean out apps they might use a lot but want to use less (like social media).

### Activity

Delete apps you don't use (and some that you use too much), along with physically cleaning the surface of your phone.

- Have students set a goal ahead of time: aim for deleting 5-10 apps, depending on how many the student already has.
- Have cleaning supplies available for students to physically clean their phones, like wipes or glass cleaners. Make sure the students don't damage their phones during the cleaning process.