

## PRE-EVENT QUESTIONS/CHECKLIST:

Once you are able to find time to connect directly with the teacher, here are the questions and items to cover to ensure you are able to properly prepare for the virtual visit.

- How many students do you anticipate attending?
- What time and date would you like to host the visit?
- How much time total will we have with your students (recommended length is 45 - 60 minutes)
- Will all participating students be in-person, all virtual or hybrid?
- Will each student have their own device?
- We recommend identifying a few students (2-3 total) as “student ambassadors” who are comfortable speaking in front of their peers and providing their personal perspective on the course experience. If possible, we recommend the teacher identifies students who have media release forms signed so they and the school are comfortable with their videos being on and screenshots of the event being taken.
  - During the event, student ambassadors will be asked to reflect on the following questions in the Warm-Up.
    - What was your favorite part of the Mental Wellness Basics course?
    - Why do you think it is important to be learning about mental wellness at your age?
    - Name one thing you learned in the course that you are going to implement into your daily life?
- We do know that mental health is something that is deeply personal for many of us, and this could bring up a variety of emotions. We recommend telling your school health advocate that you are hosting this visit in the event a student would like to speak with someone during or after the event.
- As follow-up to the conversation with the teacher, we recommend that the Event Lead shares the Wellness Wheel Activity worksheet with the teacher so they can have their students complete the worksheet prior to the event. It is not required, but will enhance the conversation and overall event experience.