

MENTAL WEALTH WALL COLLAGE

DESCRIPTION

Create a wall collage of activities that people do to improve their mental well-being (helps them relax, feel good, or they just enjoy doing). The collage should be located in a highly visible space (e.g. waiting room, entrance foyer).

PURPOSE

- Provide an opportunity for people to share activities they do to improve their mental well-being / build their **mental wealth**
- Provide ideas that others might try to improve their mental well-being
- Remind people that it's important to do things that help us feel good

REQUIRED ELEMENTS

Backdrop for wall

Title banner for backdrop

Materials for writing activities and sticking on wall

Signage/Instructions

SUPPLIES

Backdrop for the wall collage

Option 1: Sheets of plastic cut and taped together to the desired size (ex. rolls of table coverings available at Dollar Stores)

Option 2: Sheets of paper taped together to the desired size

Title Banner

Print (by hand or computer) a large title banner for the backdrop **BUILD MENTAL WEALTH!**

Material to write activities on

Option 1: Have people write directly on the backdrop

Option 2: Provide sticky note pads of various colours size 4" X 6")

Option 3: Provide paper of various colours sized to 4 1/4" X 5 1/2" (Letter-sized sheets cut in half)

Adhesive

Tape, tacks/stick pins or sticky tack to create backdrop as well as to secure it to wall

Scotch tape to secure people's activities to the backdrop if sticky notes not used

Writing Utensils

Washable felt marker(s) – could be various colours or only one colour

Signage

Create a poster that provides instructions for participants. Example:

INSTRUCTIONS

1. PLEASE WRITE ONE THING YOU DO THAT HELPS YOU RELAX, FEEL GOOD OR JUST ENJOY
2. STICK YOUR PAPER ON THE BACKDROP (with the tape provided)