



## Daily Roll-Out of #GreenRibbonWeek

### Thursday before the start

- Make sure everyone in your organization is aware of the commitment to support #GreenRibbonWeek. Send a memo, make an announcement or share the press release.
- Post on social media the importance of youth mental health to you and your organization.
- Send a newsletter, announcement or the press release to your partners and ask them to take the pledge.
  - Sign the PLEDGE, which can be found on GrassROOTS Community Foundation website: <https://grassrootscommunityfoundation.org/green-ribbon-week/>
  - Your name and the name of the organization will be posted on our website.

### Friday (September 14) before the start on Monday, September 17

- Post on social media
  - I am looking forward to #GreenRibbonWeek
  - Use tweets and graphics from the social media toolkit

### Weekend (September 15 & 16)

- Take the time to read about youth mental health
- Practice your active listening skills
- Plan the activities you will do to support #GreenRibbonWeek
- Plan your (green) outfit for SOLIDARITY DAY: Tuesday, September 18th

### Monday, September 17th

- Wear Green
- Make an announcement
- Spend one minute in silence just listening
- Send texts to your family, friends and colleagues about #GreenRibbonWeek
- Post on social media and tag @grassrootsfound



## **Tuesday, September 18th--THE BIG DAY**

- Wear Green
- Spend one minute in silence just listening
- Host an assembly of your friends, students and colleagues and talk about ways you can support youth
- Take a group photo and boomerang of everyone in your organization or group who are wearing green
- Make a video saying "I support #GreenRibbonWeek"
- Post video and pictures on social media; use hashtag #GreenRibbonWeek and tag @grassrootsfound

## **Wednesday, September 19th**

- Wear Green
- Spend one minute in silence just listening
- Spend time outside in green space
- Talk to a youth in your life and practice active listening
- Post on social media; use hashtag #GreenRibbonWeek and tag @grassrootsfound

## **Thursday, September 20th**

- Wear Green
- Spend one minute in silence just listening
- Have dinner, lunch or tea with a young person or with young people
- Practice active listening
- Take a yoga class and practice breathing
- Post on social media; use hashtag #GreenRibbonWeek and tag @grassrootsfound

## **Friday, September 21st**

- Wear Green
- Host a group conversation about youth well-being where the adults just listen
- Begin the conversation by spending one minute in silence
- Take a selfie of you in green or with a GrassROOTS tee
- Write a reflective post of what this week has meant to you
- Post on social media; use hashtag #GreenRibbonWeek and tag @grassrootsfound