



Stop the Stigma

Wellness and Mental Health poster activity:

After learning about [social-emotional learning](#), have your students create colorful mini-posters with quotes that promote mental health awareness. Making art has been shown to lower stress levels, as supported by a research study conducted by art therapy professors at Drexel University. You can hang the posters around your classroom as a constant reminder for your students that mental health should not be stigmatized.

