

Project/Event Planner

Event Name:	MSA Bell Self Esteem Week
Date:	April 24th-28th
Location(s):	Orchard Academies Field
Description:	A self-esteem week where students are given resources and engage in activities to increase self-esteem. Students will create vision boards, be given mental health journals and information about test anxiety and deep breathing techniques, engage in games to build connections, and learn about healthy eating. Students will learn new strategies to increase self-esteem!
Purpose:	If we teach students strategies on how to increase self-esteem, they will be able to feel more confident and apply strategies on a daily. We are helping students learn how to take some control of their mental health and stay positive.
Time of Event:	Every day during the week at lunch time (12:05pm-12:35pm)
# of Guests:	388+ (all the students at our school plus students from other schools on the same campus)
Special Guests:	Mrs. Schlottman, the principal Mr. Prado, the dean of student Mrs. Mendoza Vice Principal

<p>Materials Needed for Event:</p>	<p>Black Cardstock, flower stickers, Positive quote stickers, Terracotta paper, and 2023 Vision Board pages, sound system, music, coloring materials, folding table, and tablecloths, tables, iPad, carts for carrying snacks, healthy snacks, waters, test tips, journals, pens, breathing technique handouts, floor games and table games.</p>
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