



West Orange Daily Roll-Out of #GreenRibbonWeek 2021

Thursday before the start (September 16)

- SIGN partner agreement and 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
- Inform everyone in your organization/school/town of the commitment to support #GreenRibbonWeek. Send a memo, make an announcement or share the press release.
- Pick up masks, green sidewalk chalk, tees, or bracelets from GCF associate
- Post Green Ribbon Week logo on social media emphasizing the importance of preventative mental health practices for youth.
- Send a newsletter, announcement or the press release to your partners and ask them to TAKE the pledge.

Friday (September 17)

- Post on social media
 - “I am looking forward to #GreenRibbonWeek.”
 - ADULTE: “I took the Green Ribbon Week PLEDGE to LISTEN without interruption. Take the pledge with me”
 - YOUTH: “I took the Green Ribbon Week PLEDGE to Breathe and Talk It out. Take the pledge with me”
 - Use tweets and graphics from the social media toolkit
- Send texts to your family, friends and colleagues about #GreenRibbonWeek, ask them to TAKE the pledge.
- After you take the pledge, pick up lawn signs and green chalk at Town Hall
 - 25 lawn sides are available
 - First come first serve

Weekend (September 18 & 19)

- Take the time to read about youth mental health (see resources in social media toolkit)
- Practice your active listening skills (see Parent Like It Matters)
- Plan the activities you will do to support #GreenRibbonWeek
 - Sign up for the Run/Walk/Bike for Nikhil (September 19th)
- Plan your green outfits for the week, especially for SOLIDARITY DAY: Wednesday, September 22nd



Monday, September 20th

- Wear Green
- **BREATHE:** start each day this week with at least 60 seconds of deep breathing
- Send texts to your family, friends and colleagues about #GreenRibbonWeek, ask and/or remind them to TAKE the PLEDGE.
- Share your art or creative outfits
- Post on social media and tag @grassrootsfound

Tuesday, September 21

- Wear Green
- **PLAY:** make up a game that you can do with friends and family
- Practice one or more of the positive mental health practices
- Take a group photo and boomerang of everyone in your organization or group who are wearing green
- Make a video saying “I support #GreenRibbonWeek. Take the pledge with me to practice healthy habits”
- Share your art or creative outfits
- Post video and pictures on social media; use hashtag #GreenRibbonWeek and tag @grassrootsfound

Wednesday, September 22---**THE BIG DAY/Day of Solidarity**

- Wear Green
- **OPT OUTSIDE:** Spend at least 20 minutes outdoors.
- Post on social media; use hashtag #GreenRibbonWeek and tag @grassrootsfound
- **DAY OF SOLIDARITY**
 - Take a group picture. Physically distance for safety.
- Share your art or creative outfits and remind your friends, family and partners to do the same
- Join GCF for IG live at 6:00pm



Thursday, September 23th

- Wear Green
- Practice one or more of the positive mental health practices
- **TALK IT OUT:** have a conversation with a young person without interruption. Listen attentively and say nothing for at least 60 seconds.
- **ADULTS:** Ask a youth in your life how you can be a better listener.
 - How long can you go without interrupting?
- Practice one or more of the positive mental health practices
- **YOUTH:** Share with an adult how they can better support your mental health.
 - Give specific examples
- Have dinner, lunch or tea with a young person or with young people
- Share your art or creative outfits
- Post on social media; use hashtag #GreenRibbonWeek and tag @grassrootsfound

Friday, September 24

- Wear Green
- **REST:**
 - **YOUTH:** get at least 9-10 hours of sleep
 - **ADULTS:** Get at least 7-8 hours of sleep
- Practice one or more of the positive mental health practices
- Share your art or creative outfits
- Submit to the GCF #GreenRibbonWeek contest
[email:president@grassrootscommunityfoundation.org]
 - Best Sidewalk Art
 - Best Creative Dress
- Write a reflective social post of what this week has meant to you
- Post on social media; use hashtag #GreenRibbonWeek and tag @grassrootsfound