



Change to Chill™ School Partnership: Chill Week

September 10-14, 2018

Change to Chill Week

Whether you plan to engage with a small group or the entire school, use the list below of daily themes to create the most stress-free week ever to kick off the 2018-2019 Change to Chill School Partnership!

Monday

➤ **In the Moment Monday**

- (optional) CTC content: [What is mindfulness? video](#)
- **Activity:** Lunchroom/hallway 'photo booth' with cutout 'Instagram frame' (provided by CTC); use **#chillweek**
- CTC on Snapchat: Snapchat lens (similar frame as Instagram cutout) for Partnership schools
- Social media – posted by CTC
 - In the Moment Chiller on Instagram, Twitter

Tuesday

➤ **Tech-Free Tuesday**

- **Activity:** Challenge students to be off their phones for 10 minutes during the day (homeroom, lunch, etc.)
- CTC on Instagram: Instagram story on time spent on screens + call to action (be tech free!)
- CTC on Snapchat: Snapchat ad with swipe up to website on time spent on screens + call s to action (be tech free!)
- Social Media – posted by CTC
 - Tech-Free Chiller on Instagram, Twitter

Wednesday

➤ **Wellness Wednesday**

- **Activity:** School determines wellness-related activity for the day (see [Action Guide](#) for ideas)
- CTC on Snapchat: Snapchat lens with "wellness" look + each school logo for Partnership schools
- Social Media – posted by CTC
 - Wellness Chiller on Instagram, Twitter

Thursday

➤ **Thankful Thursday:**

- **Activity:**
 - Gratitude wall in school; CTC provides pre-written cards for students to put up
 - Gratitude wall 'photo booth' with gratitude signs (provided by CTC) for posting on Instagram/Snapchat; use **#chillweek**
- Social Media – posted by CTC
 - Thankful Chiller on Instagram, Twitter

Friday

➤ **Fun Friday**

- **Activity:** School determines fun activity (see [Action Guide](#) for ideas)



- CTC on Snapchat: Snapchat lens for Partnership schools (fun, including school colors)
- Social Media – posted by CTC
 - Fun Chiller on Instagram, Twitter