



5.6 Holiday Care Tips

Suggested Grade Level: 6-12

Time: 20-40 minutes

Subject Area: Support, Advocacy, Self Care

Overview:

Whether it's being mis-gendered or having your sexual orientation erased, holidays can be a hard time for LGBTQ students. This activity will help students collectively create mindful practices they can implement over the break.

Goals:

- Participants will actively identify mental health strategies
- Participants will learn from one another
- Participants will create a resource for themselves and other students

Materials:

- Poster Paper
- Markers
- Laminator (preferred)

Procedure:

Step One:

In a circle, small groups, or solo writing have students if there is anything that comes up over the holiday break they are worried about.

Step Two:

Record topics and themes on poster paper or marker board

Step Three:

Ask students to discuss strategies they like to use to move past, through, or around these worries

Step Four:

Have GSA members design bookmarks or pocket-sized pamphlets that feature these strategies.

Step Five:

Make multiple copies and have GSA members hand them out to students