

IDEAS FOR SCHOOLS TO CREATE CONNECTION

Idaho Youth Suicide Prevention Program

1. Ask teachers and staff to stand by doors during passing times. They should smile at kids, engage them in banter, and watch for concerns.
2. As students leave the school at the end of the day, make a tunnel with two lines of staff, arms outstretched to connect with each other, and have students run underneath. Students of all ages love this.
3. Plan lunch time activities that make sure every kid is connected.
 - a. For example, have kids sign up to play on intramural teams (randomly assign). Play half-court basketball, dodge ball, kickball, soft ball, etc. Ask them to create a team name and announce the winners each morning. Perhaps give phony trophies for goofy actions such as most spirited play, most laughs during play, most falling down, etc.
 - b. Have grade-levels, girls vs boys, staff vs students, soccer fans vs football fans, etc., do activities. Some ideas are the best
 - i. conga-line
 - ii. lip-sync
 - iii. flash-mob
 - iv. picture made up of bodies
 - v. mural in 30 minutes
 - c. Bring in speakers to discuss ideas that students want to hear about. Follow up the next day or so with discussion from the audience.
 - d. Have one day a month (or week) at lunch when teachers and staff share a hobby. Some ideas include fly fishing, fly tying, stamp collecting, crocheting or knitting (give caps to a local hospital for babies), baking or cooking a special dish, movie and discussion, painting (even by numbers, which could become a large mural).
 - e. Participate in the national [No One Eats Alone](#) challenge. This could be done weekly.
4. Start a lunch walking club. Use apps on cell phones to track steps. Make some goals or challenge other schools to see who can get the most steps at lunch in X amount of time.
5. Select a [Guinness World Record](#) to beat (or create your own). Some ideas include the most people eating a boiled egg or baked potato at the same time; the biggest popcorn ball,

cookie, potato chip, baked potato, etc.; the most people jumping, making a human tunnel, etc. Or make it academic: most students reading at the same time (same book?), every student adding a line to make the most authors to a story, the most bodies standing or lying down to draw out Idaho or US, etc.

6. Create a daily [Thankfulness Challenge](#), either at the same time or in a content area classroom throughout the day.
7. Host a school-wide volunteer activity. Have every student plant a flower, make a Valentine for a Veteran, collect a story from a relative to add to a “history” book, pick up trash on a piece of adopted highway, etc.

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