



Act Belong Commit Pledge Wall

This is a goal setting activity that encourages students to pledge what they will do for their mental health. Goal setting is an effective way to increase motivation and helps guide focus in a healthy way. This activity discusses mentally healthy activities and encourages students to pledge and work towards a mentally healthy goal.

Resources required:

- Act Belong Commit Pledge Wall (available for hire) or DIY with white board or butchers paper
- Act Belong Commit pledge stickers (available to order) or sticky notes
- Pens

Steps:

1. Start a discussion about the three principles of Act Belong Commit.
2. Ask students to share what they do for their wellbeing. What do they enjoy? Are there areas they could work on? Could they be more physically active or help out more at home?
3. Introduce Goal Setting and discuss how working towards and achieving a goal can be rewarding and give us meaning or purpose in life which is good for our mental health.
4. Explain to students that their goal needs to be realistic and specific. A goal like 'get better at maths' is not specific, so it will be hard to keep on track. A goal like 'get 100% on my next Maths test' is more specific but may not be realistic for many people. Choose a goal that is achievable for you, like 'improve my Maths score by 10%'
5. Talk about the things they will need to do to reach their goal. For example, if their goal is to get into the school band, they may plan to practice guitar for 20minutes each morning before school.
6. Give the students time to write down their goal/pledge encouraging specific and realistic goals that have an action plan.
7. Once their pledges are done, stick these on the pledge wall and keep it in a visible place.
8. Encourage checking in regularly to make sure they're on track. Ask students to picture themselves reaching their goal and reflect on their progress. If they need to, students can revise their pledge. It's better to change your goal than to give up altogether.
9. Encourage celebrating accomplishments!

**PLEASE [CLICK HERE](#) TO HIRE A PLEDGE
WALL OR TO ORDER PLEDGE STICKERS**