



Mood Walk in Schools - Information Sheet

Walking is one of the best ways to improve your mood and look after your mental health, which is why the AWARE Mood Walk events are so positive and enjoyable.

The Mood Walk in your school should be a fun event for all teachers and pupils to be involved in. **These simple steps tell you how to organise an AWARE Mood Walk:**

- ☺ We have included two AWARE Mood Walk t-shirts in this pack. These are for the two teachers who are leading the walk.
- ☺ The AWARE Mood Walk can be a 3k or 5k - the length and route is entirely up to your school.
- ☺ Incorporate a warm-up routine with music before the walk begins and then a cool-down session when everybody has completed the walk. Perhaps you could even have music playing during the walk using portable speakers.
- ☺ Pupils are encouraged to wear something bright for the Mood Walk or have their faces painted with bright colours.
- ☺ We would ask each pupil to donate £2 and for the whole school to raise as much money as possible for those living with depression and bipolar disorder across Northern Ireland.

“1 in 10 young people aged 5 -16 years suffer from a diagnosed mental health disorder.”





We are hosting an **AWARE Mood Walk** to help raise money for young people and adults with depression in Northern Ireland.

“45,000 children and young people in Northern Ireland have a mental health need at any one time. That’s 1 in 6 of the population.”



We had an
AWARE Mood Walk
and raised

£

All the money we raised will go towards
AWARE - the national depression charity for
Northern Ireland.



www.aware-ni.org

Registered charity Northern Ireland (NIC100561)