

Stall Activities

As part of Mental Health Week on October 9th and 10th, the Psychology Association set up interactive stalls with engaging activities, open to both students and faculty. Each activity was crafted to promote self-awareness, connection, and mental well-being in a fun and creative way.

- **Spin the Wheel** was a crowd favorite, offering a fresh twist on the classic game. Instead of prizes, the colorful wheel was filled with prompts like “Tell a stranger something kind,” “Share one personal goal,” “Take a funny photo,” “Plant a seedling,” or “5-minute meditation.” Each spin led participants to engage in simple yet meaningful activities.
- **Self-Care Bingo** encouraged everyone to reflect on their self-care routines. The Bingo grid featured common self-care practices, and participants could cross out activities they had completed. This activity was a lighthearted way to inspire personal reflection and wellness.
- **The Scatter Joy Project** brought creativity and kindness to the forefront. Small origami pieces and bookmarks with affirming quotes were handed out, each in exchange for a small task or game. Participants enjoyed these personalized tokens of positivity and motivation.
- **Psychology Quiz** sessions challenged participants’ knowledge with questions related to psychology and the DSM. This activity offered a quick mental workout while promoting awareness about mental health terminology.
- Lastly, a large **Thumbprint Chart** encouraged community spirit. Each participant added their thumbprint to the chart, symbolizing collective support for mental health awareness.
- A large chart paper was also displayed, inviting everyone to write positive affirmations. Participants filled it with encouraging words and uplifting messages, creating a visual display of collective positivity and support for mental health. This space became a powerful reminder of the importance of compassion and encouragement within the community.

Through these engaging stalls and activities, Mental Health Week became a memorable experience for the university community, promoting self-care, knowledge, and connection in fun and thoughtful ways.

Geotagged Photos



