

# R U OK? Day Planning Sheet



**Main idea:** What message do we want to get across? Who do we want to communicate that message to?

**Activity:** What event would help us share that message? How do we keep it fun and inclusive?

**Support:** Who do we need help from?

**Extras:** What costs are involved? How long will it last? What permissions do we need?

**Promotion:** How do we tell others about our event?

# R U OK? Day Event Scaffold

Name of activity:

Aims of activity:

Group leaders:

What costs are involved?

Which year groups will be involved?

What resources do we need?

How can we use social media to promote the idea?

How can we promote the event?  
(e.g. school newsletter, classroom flyers/posters etc.)

Leadership support: Which teachers do we need to ask/get support from?

What precautions need to be taken to reduce environmental and learning disruptions?

What on-going support will this activity provide?