

# School Activities

## Highlights from Past Events



- Hosted community events offering free chair massages, doing presentations, displaying posters, stickers, etc.
- Gave free chair massages to students, staff, and the general public. If tips were given, they were donated to a specific charity.
- Provided swag bags to people who attended their MMMHH celebration.
- Held raffles for MMMH&HD celebration and gave massage gift certificates and products.
- Held a contest for clinic clients and people at the farmers market to say how massage makes them happy; had them put their name on a smiley face for their wall of happiness.
- Made MMMHH logo t-shirts for students to wear at events.
- Had students talk about MMMHH to the public during their Massage Olympics and post their photos/videos on Instagram.
- Created a class video on "Why Massage Makes Us Happy."
- Offered their local school district massages during a Teacher In-Service.
- Attended the Assistance Professional Day, where they showed self-care techniques for staff to use while working at their desks and computer stations.
- Performed stretching and de-stressing techniques for athletes in the Human Health Department on campus.
- Held a chair massage fundraiser for a favorite charity.
- Performed chair massages outdoors.
- Held a week-long celebration filled with lots of activities.
- Decorated the school with bright banners in the school colors, and students were encouraged to join the spirit of celebration by adorning themselves in orange and blue.
- The front office staff devised colorful MMMHH decoration slips, each featuring a few empty lines where every student could express why massage made them healthy and happy. The decorations were put up in the hallway and placed end to end to form a winding, technicolor ribbon filled with the countless joys of massage.
- Organized an art contest for all students and staff. Paintings, poems, macramé, needlepoint, origami, crafts, and other forms of artistic impression adorned the walls.
- Posted flyers and posters around campus and in the student clinic.
- Held a Student & Faculty "name drop" contest for free 20-minute massages.
- Had a booth at the all-school Learning Day where they gave chair massages and handed out flyers on "10 Tips to Get the Most out of Your Massage."
- Held social media campaigns.
- Held a special for customers.
- All students submitted a 20-second "MMMHH" Video
- All students submitted to the MMMHH Contest.
- Held an in-class essay contest and had graduates choose the winner.
- Held a "Honk if Massage Makes Me Healthy & Happy" Day.
- Decorated the entire entry wall of the school with cutouts that students and staff wrote on each colorful cutout stating Why Massage makes them Healthy and Happy.
- Gave a presentation to all the students in the program about the initiative, and explaining the importance of the mental health connection to massage therapy.
- Discussed the importance of self-care: had them do a self-care activity, provided a self-care door prize, and held a raffle for a self-care basket (with funds going to a charity).
- Donated one day's worth of clinic proceeds to a charity.
- Had a corn hole contest for students, staff, clients, and the general consumers who stopped by. Prizes included 1 hour free massage sessions at the intern clinic and some different self-care tools.
- Offered free self-care classes to students and the public.
- Had a famous food truck at the outdoor event where they offered free treats.
- Held a MMMHH celebration and invited local professional associations and companies that sell massage-related products to have booths.
- Watched the Zoom Celebration party as a group.
- Had Massage Makes Me Healthy & Happy as a theme for the month of March.
- Promoted the March 20th Zoom Celebration on our Facebook page.
- Emailed alumni about MMMHH Day.
- Sent press releases to local media and contacts.
- Had baked goods with the Massage Makes Me Healthy & Happy Day logo and March 20th frosted on top.
- Hosted an Open House for potential students.
- Did a group art project: Put out 400 Scrabble tiles for students to form single words that express how massage makes them feel.
- Had students and clinic clients write a few words on why massage makes them happy and healthy onto a sticker and post those stickers throughout the school.