

CREATE - YOUR - OWN

What Helps Us



Flipgrid CAMPAIGN

A Toolkit for
**North Dakota Behavioral Health Resource
Coordinators**

Authored by the
**Behavioral Health in Education: Resources and
Opportunities (B-HERO) Technical Assistance
Center**

Flipgrid is a **FREE** platform for school personnel who want to interact with their students and school communities.

The "What Helps Us" Campaign is inspired by Sources of Strength.
For more information, contact us at BHero.CREA@k12.nd.us.

 **CREA** Central Regional
Education Association

NORTH
Dakota |
Be Legendary.™

 Behavioral Health
HUMAN SERVICES

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FIRST:

SET UP A FLIPGRID EDUCATOR ACCOUNT

Head to info.flipgrid.com to get started!

NEXT:

CREATE A GROUP AND ADD TOPIC- "WHAT HELPS US"

Create a Group to store your topics. This might just be titled the name of your school!

Add a Topic called "What Helps Us"- This will allow you to insert a prompt (see next page) so those who view your topic can participate and share.

THEN:

SHARE YOUR CAMPAIGN WITH YOUR SCHOOL COMMUNITY!

In Topic settings, you can invite specific individuals to participate in the exercise or make the Topic public so anyone with a link can join in on the fun!

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SAMPLE "WHAT HELPS US" SCRIPT:

I am _(first and last name)_, and I am a _(title)_ at
(school/organization). What helps me manage stress is...
(Discuss ONE tool that you use to manage stress, and share an actual
example of when, how, and why you have used that tool.)

Tips: Keep it focused and to 1 minute, avoid other persons or animals
in the shot (unless they are part of your tool to manage stress), and
make sure the tool is a healthy choice!

FLIPGRID NOTES FROM B-HERO:

1. Make sure to **encourage your teammates to have fun** and ad-lib
with their shares. It is what they do best-- and this should be a fun
share-out!
2. Flipgrid makes creating and sharing videos from different devices
SUPER easy. Participants get unlimited re-records, trimming, and
editing, and they can even add filters or frames to their videos!
3. Videos can be made public through the website, can be shared by
email, or can be downloaded and combined into one video using
iMovie, like we did with the SEL Network share-outs!