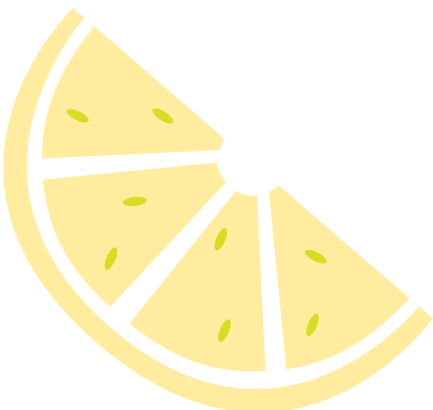




THE BEEHIVE ALLIANCE LEMONADE STAND

CREATING A BUZZ AROUND PEDIATRIC
BEHAVIORAL AND MENTAL HEALTH
ONE CUP AT A TIME

INFORMATION PACKET



Watch us talk about
#buzzforpmh on the
news!



THE BEEHIVE ALLIANCE

A NON-PROFIT DEDICATED TO CREATING A BUZZ AROUND
PEDIATRIC BEHAVIORAL AND MENTAL HEALTH.



ABOUT THE BEEHIVE ALLIANCE

The Beehive Alliance is fully volunteer-based organization started in 2019 that is dedicated to creating a buzz around pediatric mental and behavioral health issues. We are committed to providing the resources necessary to families burdened by these issues, so that no child is denied access to treatments that change lives.

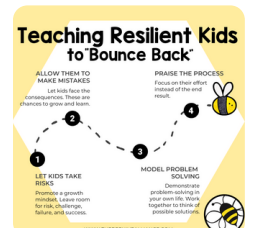
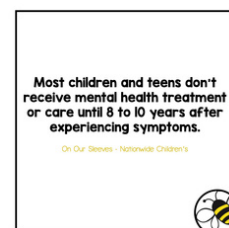


KIDS MENTAL HEALTH FOUNDATION

We strive to amplify the message of the Kids Mental Health Foundation campaign. On Our Sleeves has created a network of support for the millions of families around the country living with mental illness by addressing the stigma associated with this diagnosis and providing the tools necessary to improve behavioral health outcomes.

OUR SOCIAL MEDIA MESSAGING

Our goal is to go beyond fundraising on social media. At the forefront, we want to end the stigma around pediatric mental health. We're focused on providing meaningful resources that support families as they look to nurture the development of their children's behavioral and mental health. We are providing clear facts, book lists, crafts, and conversation starters focused on mental health. We're also excited to share the content and highlight the voices of leaders in the mental health and children's spaces.



HOW TO DONATE

After your lemonade stand, please send your donation to the Beehive Alliance in one of the following ways. Display this information at your stand for customers interested in donating directly!



venmo

Take a picture of this QR code with a smartphone to donate through Venmo



Take a picture of this QR code with a smartphone to donate by PayPal, debit, or credit card!

ZELLE (NO FEES!)

finance@thebeehivealliance.com

VENMO:

@TheBeehiveAlliance

PAYPAL OR CREDIT CARD:

WWW.TheBeehiveAlliance.com/donate or scan our QR code!

CHECK:

Please email us for mailing information:
Finance@thebeehivealliance.com

WHERE DOES THE MONEY GO?

100% of proceeds from the lemonade stand fundraiser will be donated by the Beehive Alliance to Nationwide Children's Behavioral Health Pavilion. This money will help fund their research and programs for pediatric behavioral and mental health, including the national Kids Mental Health Foundation .

THE BHA IS A REGISTERED NONPROFIT!

The Beehive Alliance is an official 501.c.3 non-profit. Our tax ID number is: 85-1235719 . Please make all large donations via our website or check to receive a receipt!

Can you help us maximize our impact?

This year we are looking for passionate businesses and individuals to match donations!

We'll post the matching challenges on Instagram to build excitement!

DM us or Email
Sponsorship@thebeehivealliance.com
to get involved!



@BeehiveAlliance

Katie@thebeehivealliance.com • www.TheBeehiveAlliance.com



HOW TO PREPARE

Please email us at lemonade@thebeehivealliance with any questions!

REGISTER YOUR STAND

Tell us about your stand so we can bring you official materials if you're local! Register [here](#).

SET A GOAL!

Set a fundraising goal and prepare your goal setting sheet.

CHOOSE YOUR PRICE!

You can charge whatever you think is fair! Every penny helps. Allow people to donate more to support the cause!

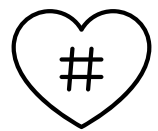


SHARE ABOUT YOUR STAND!

Share with friends and family! Let people know why pediatric mental health is so important to you! Read our fast facts page for inspiration.

Share our Venmo or donation link for those who can't attend in person!
https://www.paypal.com/donate/hosted_button_id=QFJNAgW2BYTJ8S

SPREAD THE HASHTAG!



#BuzzForPMH

Join us in posting a picture of a lemon with our hashtag written on it to raise excitement! The cuter or more creative the photo the better!

We'll be posting about the lemonade stands all day on Instagram. Make sure to tag us @Beehivealliance in pictures of your so we can repost!



FOLLOW ALONG WITH US!

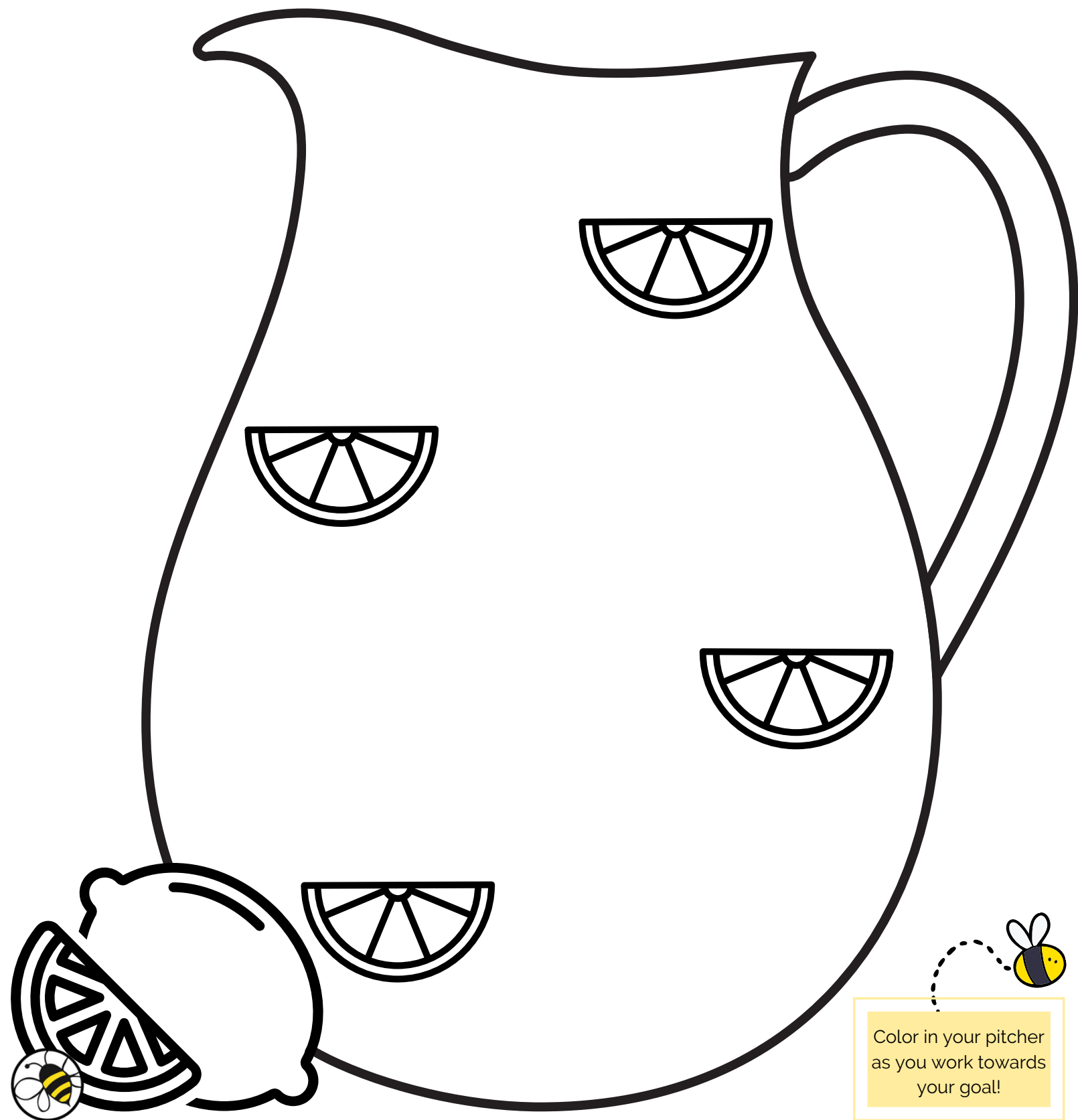


@BeehiveAlliance

Katie@thebeehivealliance.com • www.TheBeehiveAlliance.com



OUR GOAL: _____



Every Cup Counts!



#BuzzForPMH

5 FAST FACTS ABOUT PEDIATRIC MENTAL HEALTH

From Kids Mental Health Foundation- Nationwide Childrens



50% of all lifetime illnesses start by age 14.



Only one child psychiatrist is available for every 15,000 youths younger than 18.



Most children and teens do not receive mental health treatment or care until 8 to 10 years after experiencing symptoms.



One in 5 children is living with a mental illness.



The American Academy of Pediatrics, American Academy of Child and Adolescent Psychiatry have declared a National State of Emergency in Children's Mental Health.

Lemonade Stand

CONVERSATION STARTERS

Younger Kids

What is mental health?

Explain that mental health affects how we think, feel and act. It helps determine how we handle stress, hard situations, how we are with others and how we make choices.

What kinds of people can help kids with their mental health?

Let them know there are doctors who help kids who are feeling overwhelmed, stressed, anxious or in need of someone to talk to if they are struggling with their emotions or mental health.

What are we giving our lemonade money to?

The money we make at our lemonade stand will go to the Nationwide Children's Hospital to help the doctors take care of kids who need extra support. It will also go to Kids Mental Health Foundation which helps give resources to children and families to keep kids' minds happy and strong!

Older Kids

What is mental health?

Ask your kids this question and let them lead the discussion. Do they understand what mental health is? Have they themselves felt any mental health struggles? What makes them feel better when they feel discouraged, upset or anxious? Is it easy to talk about their feelings? If not, what might make it feel easier?

How to be aware of mental health issues with friends

Have they ever experienced mental health conversations with friends? Have they ever noticed a friend acting different, feeling down or overwhelmed? Let your child know that being aware of not only their own mental health needs but with their friends as well can change a person's life. Paying attention, asking questions and being a listening ear can help a friend in need feel seen and understood. Let them know there are people to turn to and places to call if a friend needs assistance so they have resources in their back pocket.

Where is our lemonade stand money going?

Make your children aware the money they raise from their incredible lemonade stand will be given to our local Nationwide Children's Hospital Behavioral Health Programs. The money will go towards various needs such as resources needed for children i.e fidget spinners, notepads, card games as well as money to specific programs so doctors can continue doing their hard work helping children feel better. It will also go to the program Kids Mental Health Foundation which helps spread free resources and awareness to kids and families across the country. Their goal is to break stigmas and let children know it is okay to speak on their feelings and that it is okay to not be okay sometimes.

MENTAL HEALTH CRAFTS



FAMILY KINDNESS POSTER

To start a new week, grab a poster board, post-it notes and a marker. Hang the poster up somewhere in your home where everyone can access it. As you move through the week, try and do as many acts of kindness as you can! At the end of each day, have your family members write your acts of kindness on post-it notes and sign their initials at the bottom. At the end of the week, talk through all the wonderful things you did for others and what a difference you made with many small acts of kindness!

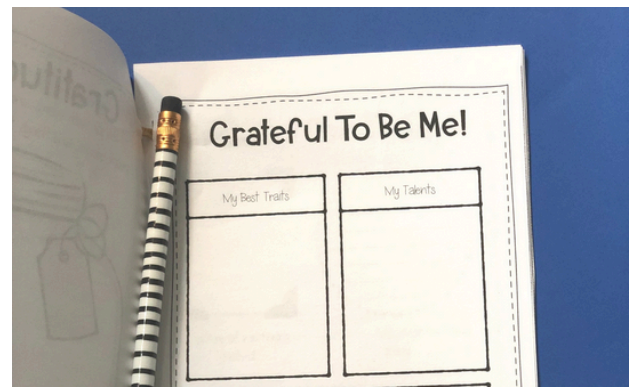
RESILIENCE MATS

Write each child's name on a sheet of paper. Surround their name with their positive qualities and traits that make them special, you can have your child add some traits about themselves! You can hang it as a poster, or laminate and use it as a placemat! To make this activity even more impactful, collect traits from multiple people such as siblings, friends, caregivers and relatives. Read the traits all together as a family and continue to add them over time. Make sure your children know all the wonderful qualities they have. When they face tough times in the future, the hope is that they'll tap into this list to gather the confidence and strength they need to move forward!



GRATITUDE JOURNAL

We love gratitude journals! You can grab one from your local bookstore or amazon, or make your own with some paper and a stapler! Each night before bed, you can talk with your child about their day and what they are grateful for. Have them draw a picture and/or write out their gratitude in the journal. Giving children outlets to express their gratitude helps to create a more productive environment. Gratitude helps to recognize only happiness but what is important to them.



CONNECTION JAR

This jar could be used for the dinner table, bedtime chats or a family game! Simply add positive, fun, silly questions or conversation starters to the jar and pass the jar around to learn more about each other. You can add questions such as, "Name your strengths", or "Tell us a happy memory" to get your children talking about things that are important to them, have left a lasting positive impact on them and to stay connected as a family.



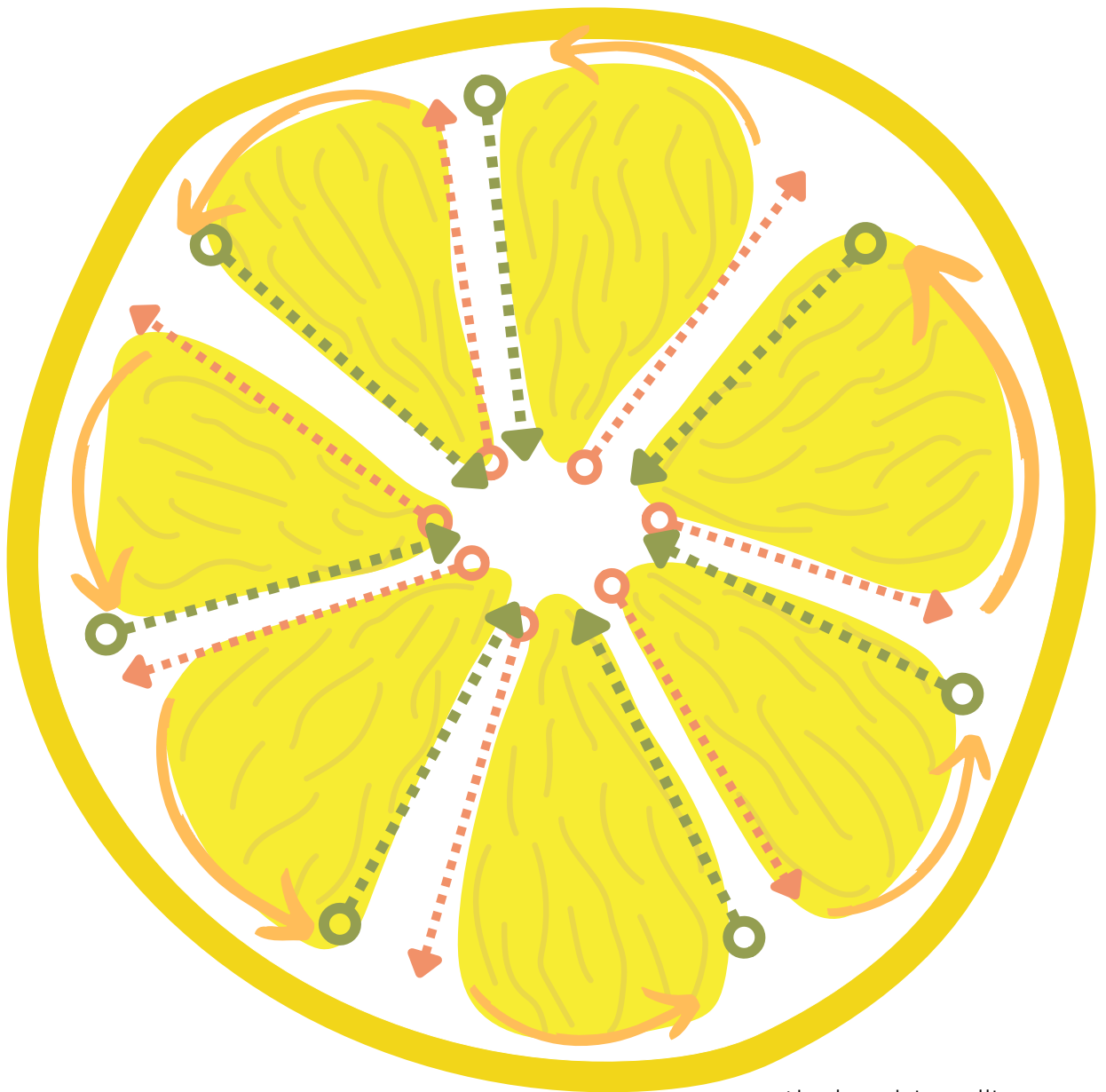
Lemon Breathing

TRY THIS BREATHING STRATEGY! TRACE THE LINES WITH YOUR FINGERS AND FOLLOW THE INSTRUCTIONS.

Breathe in

Hold

Breathe Out



Mental Fitness Challenge

Keeping our brain in shape is just as important as physical fitness. Try doing one of these tips every weekday!



1. Over dinner, talk about 3 things you are grateful for.



2. Take a walk.



3. Send an email/ message to someone you love.



4. Allow yourself to be present in the moment.



5. Plan a family activity night, like game night or movie night.



6. This morning, talk about what you are most excited for today.



7. Donate to or volunteer at an organization.



8. Draw a picture of someone or something you are grateful for.



9. Make a list of 3 things you want to do this year.



10. Sing a song together.



11. Limit screen time today.



12. Read a book.



13. Make dinner together.



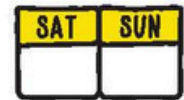
14. Smile and say hello to every person you see today.



15. Focus on the positive. Try not to complain about anything today.



16. Ask your kids to share one thing they like about themselves and why.



17. Write down one thing you want to get done this weekend – and do it.



18. Do one random act of kindness today.



19. Color a picture.



20. Go to sleep a half hour earlier.



21. Send a text message to someone you miss.



22. You decide: How will you be mentally fit today?

For more mental health tips and information, visit OnOurSleeves.org. Share how you're being mentally fit. Use [#OnOurSleeves](https://OnOurSleeves.org) on social media.

ON OUR SLEEVES

The Movement for Children's Mental Health

LET'S READ!

Mental Health Books by Age Group

AGES 1-3

Bear Says Thanks - Karma Wilson
Big Feelings- Alexandra Penfold
I am! Affirmations for Resilience- Bela
Barbosa
The Way I Feel- Janan Cain
The Lion Inside- Rachel Bright
The Nice Book- David Ezra Stein

AGES 7-10

Wink- Rob Harrell
One Word For Kids- Jon
Gordon
Someday- Eileen Spinelli
Wonder- R.J Palacio
Thanku Poems Of Gratitude-
Miranda Paul
When Stars are Scattered-
Victoria Jamieson

JOURNALS

happymejournal.com
biglifejournal.com
The One Minute Gratitude Journal
- Brenda Nathan

AGES 4-6

My Strong Mind- Niels Van
Hove
The Boy with Big Big Feelings-
Britney Winn Lee
The Rabbit Listened- Cori
Doerrfeld
Jabari Tries -Gaia Cornwall
The Magical Yet- Angela
DiTerlizzi
Rosie Revere, Engineer-
Andrea Beaty

TEENS

Speechless- Adam P Schmitt
Out Of My Mind- Sharon M.
Draper
Wolf Hollow- Lauren Wolk
Fighting Invisible Tigers- Earl
Hipp
A Kids Book About
Mindfulness-
www.akidsbookabout.com



NEED HELP?

PRINT OUT AND SHARE THIS RESOURCES WITH YOUR TEEN

YOU ARE IMPORTANT ● HELP IS AVAILABLE ●



CRISIS TEXT LINE:

TEXT
HOME TO
74 174 1

OR CALL
1-800-273-TALK
(8255)

NATIONWIDE BEHAVIORAL HEALTH CRISIS DEPARTMENT

6 14-355-8080

NATIONAL EATING DISORDERS ASSOCIATION HELPLINE

1-800-931-2237

PARENT RESOURCES:

WWW.ONOURSLEEVES.ORG TO FIND MANY ARTICLES
ON MENTAL HEALTH TOPICS!