



THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Education

Master of
Educational
Technology
Program



Inclusive Makerspace Provocations

Create Your T-Shirt Provocation

Mental Health Awareness

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Overview of the provocation

Time to wear your mental health with pride! Create a t-shirt that not only promotes mental health awareness but also that mental health does not have a face and that everyone might be going through their own struggles. It is okay to have different feelings and to express them in different ways. It is also important to respect and support others who may have different feelings from you. By sharing our feelings and designs, we can create a positive and compassionate school community that values mental health and well-being. Time to get designing!

Materials and Resources Required

Materials may include any or all of the following

- T-Shirt Template
- Paper
- Felts
- Craft Materials Such as Pom-Poms
- Glue
- Scissors
- Letter Stencils
- Stickers

Inclusive Maker Provocation Instructions

Step 1: Think about how you are feeling today. Are you feeling happy, anxious, lazy, confused, angry, want to keep to yourself, calm, or something else? How does your feeling affect your mental health and well-being?

Step 2: Choose a blank t-shirt template from the ones provided. You can also draw your own t-shirt template on a piece of paper if you'd like.

Step 3: Use words, images, symbols, colours, or any other elements to design your t-shirt template that expresses your feeling. You can use the materials provided or bring your own.

Step 4: When you are done, share your t-shirt template with a partner or a small group. Explain why you chose the design elements and what they mean to you. Listen to your partner or group members and ask questions to learn more about their feelings and designs.

Step 5: Be creative and have fun!

Critical Questions for Consideration

- Do you have a favourite colour or symbol that represents your mood?
- How do you want others to react when they see your t-shirt?
- What message do you want to convey to them?
- How are your partner or group members' designs and feelings different or similar to yours?
- How did this activity help you understand others' mental health and well-being?
- Why is it important to share your feelings with others?
- How did you show respect and support for other feelings and designs?

Background/ Additional Information

Mental Health and Well-Being: This is a website that provides information and guidance on mental health and well-being for students, educators, staff, and families in B.C. schools. <https://www2.gov.bc.ca/gov/content/erase/mental-health>



Inclusivity Focus

The inclusivity focus of this activity is to promote mental health awareness and respect for the diversity of feelings and expressions. The activity aims to help students understand that mental health does not have a face and that everyone might be going through their own struggles. It also encourages students to share their feelings and designs with others and to listen and learn from their perspectives. By doing so, the activity fosters a positive and compassionate school community that values mental health and well-being.

No-Tech, Low-Tech, High-Tech Options

- No-tech: Using gestures, facial expressions, body language, or vocalizations to communicate one's feelings and design ideas. For example, you could smile, frown, nod, shake their head, point, wave, clap, or make sounds to express yourself.
- Low-tech: Using paper, felts, pencils, letter stencils, scissors, glue, stickers, or other craft materials to create a t-shirt template and decorate it with words, images, symbols, or colors. For example, one could write "I feel happy" on a yellow paper and draw a sun or a smiley face on it.
- High-tech: Using a computer, tablet, smartphone, or other device to access online tools or apps that allow one to design a t-shirt template and add text, graphics, photos, or other elements. You can create a custom t-shirt design and print it out or share it online.

Extension

- Organize a mental health awareness campaign in your classroom or school, such as creating posters, flyers, videos, or social media posts that promote mental health and well-being. You could also include some facts, statistics, or stories about mental health to educate others and challenge stereotypes. You could also share your own experiences or opinions on mental health, if you feel comfortable doing so.
- Create your own mental health toolkit, such as a journal, a playlist, a collage, or a box of items that help you cope with stress, anxiety, or other emotions. You could share your toolkit with each other and explain why you chose the items that you did.
- Research and present on a mental health topic of your choice, such as a specific mental disorder, a famous person with a mental health issue, a mental health service or program, or a mental health advocacy group.
- Participate in some mindfulness or meditation activities, such as breathing exercises, guided imagery, yoga, or progressive muscle relaxation.