2024 National School Psychology Week (NSPW) Activity Checklist

August–September:
- Download, edit, and submit NSPW Proclamation! Consider sending it to:
  - Governor’s office, state legislature, or state department of education. *(Check with your state association to see if they are submitting.)*
  - School district/school board
- Consider purchasing NSPW stickers or extra posters, available at cost from NASP to have on hand for NSPW later this fall.

October:
- Access NSPW activity suggestions and plan ahead within your local building/school district/community. Prepare resources for any classroom, counseling, or other activities you plan to use during NSPW.
- Use “Spark Discovery” theme and poster to decorate a bulletin board or office door to open conversation and share the theme within your school.
- Follow up on your NSPW Proclamation request to ensure it was received and will be released by your local elected leaders.
- Look for opportunities to speak directly to district leaders during NSPW about the comprehensive role that school psychologists can play to support students. Consider using NASP Practice Model Push materials.
- Adapt and share the NSPW Parent Newsletter template to share in building and district communications to be sent out in November.

November:
- Check in with your state association to learn about any state-specific activities that will be taking place during NSPW.
- Get any activity materials prepared for the week of NSPW.
- Follow NASP on social media so you can stay involved during NSPW!
  - Facebook: [facebook.com/NASP](https://facebook.com/NASP)
  - IG: @nasponline
  - X: @nasponline
  - Threads: @nasponline
- Check in with your local and regional school psychology colleagues to discuss and share plans/resources for NSPW

During #SchoolPsychWeek:
Like, comment, and share NASP social media posts with the hashtag #SchoolPsychWeek to connect with the school psychology community!

**Monday: Explore Your Connections**
- Classroom Activity: Bingo board—find someone with similar interests. [Example here](#). Can be modified for various ages and developmental stages.
- Counseling Activity: Identify healthy support systems; check out [these resources from Great Good in Education](#) or watch [this video](#).
- School/District Activity: Customizable email that shares what we do. Include or use info from [this PDF](#) and [this infographic](#).
- Self Activity: Investigate resources from [state associations](#) and community partners.

**Tuesday: Pursue New Ideas**
- Classroom Activity: Write something you’re interested in, throw it in the middle of the room, pick up a different paper and try it or research it (See Snowball Activity Lesson Plan).
- Counseling Activity: Identify a new coping skill to try; use [these ideas](#) to get you started!
- School/District Activity: Facilitate or support a school or district-wide book club related to DEI practices, healing-centered initiatives, or other wellness concepts that would support universal change.
- Listen to an educational podcast. Try Hidden Brain or Speaking of Psychology, or do a search in your own app!
- Self Activity: Complete the SJ self-assessment checklist or complete a [Self-Care IEP: Individualized Energy Plan](#).

**Wednesday: Launch Into Advocacy**
- Classroom Activity: Check out these quick tips to engage students in advocacy work! Also, check out [From Words to Deeds](#) for elementary and secondary lessons.
- Counseling Activity: When working individually or in small groups, allow students to experience [voice and choice](#) with these strategies. Also, check out the resources for the classroom in this same table.
- School/District Activity: Use the Letter to the School to share information with your district about our 5 Ws.
- Self Activity: Participate in NASP Hill Day or Advocacy Action Center/1-Minute Solution Activities.

**Thursday: Boost Your Strengths**
- Classroom Activity: Pick something you enjoy and find careers that align with it.
- Counseling Activity: Do a strengths survey and find ways to engage in your top strengths throughout the week. A few examples are available [here](#) (written) and [here](#) (virtual)!
- School/District Activity: Share [this video](#) about “starting with our strengths” during a school or district inservice training.
- Self Activity: Complete the [NASP Self-assessment](#) and personal development plan.

**Friday: Expand Your Universe**
● Counseling Activity: Support students in understanding how to recognize positive things in others via gratitude practices; here are some ideas to spark your thinking!

● School/District Activity: Do research on your district’s website and see if there are other teams or departments you could partner with to consult, cofacilitate trainings, share resources, and provide or receive referrals.

● Self Activity: Use the ProQOL to learn about job satisfaction, compassion fatigue, and burnout—then set goals based on your results! This tool can be used to monitor your progress throughout the year.

Beyond NSPW

● Use the NASP Gratitude Works Program to thank partners who participated in NSPW activities.

● Continue to follow up and communicate with partners throughout the year to keep the spark of discovery going all year long!

● Stay connected with your state association to learn about more ways to engage and promote our profession throughout the year.