

Tie It To A Balloon and Let It Go! Mural and Mental Health Curriculum
<https://www.tieittoaballoon.com>
by Ava Leone

Hi, My name is Ava Leone. I am a 2023 graduate of Glen Ridge High School. I first started Girls Scouts as a brownie twelve years ago and I am now a Senior Ambassador. I've earned my Girl Scout Journey Award, Silver Award and I am currently working on my Gold Award which only 6% of scouts worldwide achieve.

To achieve my Gold Award, The Girl Scouts Council has tasked me with creating a solution to a root cause in my community that needs to have a lasting impact. I've created the Tie It To A Balloon... and Let It Go Mural along with a Mental Health Activity Curriculum to help teachers and student's identify their feelings of anxiety, panic and depression.

There was a phrase my mother taught me at an early age, "Tie it to a balloon and let it go." One day she told me to close my eyes and imagine writing down my worries on a piece of paper then tying those worries to a string attached to a balloon and letting the balloon go. She told me, "As you watch that balloon float up high into the sky also imagine your worries floating away with it." It's a simple yet impactful message.

The mural is on the backside of Ridgewood Avenue and is a meant to be a safe place with words of encouragement for those suffering. There is also a QR code directed to the website where you can find downloadable coloring activities created with the help of leaders in my community. These aim at helping teach students and teachers fun ways to learn about their worries and give



tips to feel better. A copy of the mural and the worksheets can be downloaded for free at tieittoaballoon.com.