

# Sophia's Scribbles



Division 15  
Volume 2

## Happy May!

As the school year wraps up, don't let your passion for service take a vacation.

Summer is the perfect time to make a difference in your community—on your own schedule!

## Calendar of Events

May 26, 2025  
Final ICON  
Payment Due

June 29 - July 7,  
2025

K-T Tour to  
ICON

October 1, 2025  
Annual Dues  
Become Payable

December 1,  
2025

Annual Dues  
Become  
Delinquent

October 18,  
2025  
Dollywood Fall  
Rally

February 1,  
2026

Unpaid Clubs  
Become  
Suspended

## KEY CLUB INTERNATIONAL CONVENTION 2025

Although registration is closed, a reminder: **FINAL PAYMENT for ICON is due by May 26th!**

Please make sure all attendees have completed their payments so we can avoid any issues.

Reach out if you have any questions!



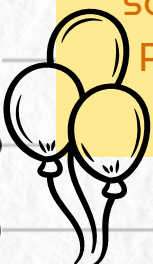
## Contact Me:



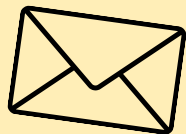
Sophia@ktkey.org



@DIV15LTG



I'm still gathering officer contacts!



If your club has already held elections, please send me the **names and personal email addresses** of your new officers as soon as possible so I can keep everyone connected and informed.

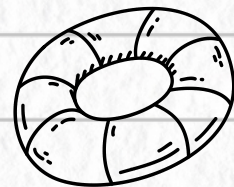
If your club hasn't held elections yet, please plan to do so soon and let me know your expected timeline.



Dream Big

# SUMMER

mental health matters



## May is Mental Health Awareness Month

The Positivity Pledge by Erika's Lighthouse is an opportunity that focuses on helping others, practicing self-care, and building healthy habits to support positive mental health.

I've attached the Positivity Pledge Calendar and the link to the [printable packet of all the contents!](#)

| May is mental health awareness month |                                     |  |   |   |  |  | Take the Positivity Pledge                                 |  |
|--------------------------------------|-------------------------------------|--|---|---|--|--|--|--|
|                                      | #Share Sunday                       | #MentalHealth Monday   | #SelfCare Tuesday   | #Winning Wednesday  | #SelfCare Thursday   | #FamilyFriends Friday                              | #SelfCare Saturday   |  |
| Nutrition & Being                    |                                     |  |   |   | 1. Learn about the connection between nutrition and mental health. Share it. | 2. Prepare a healthy meal for your family/friends. | 3. Find a healthy stress reliever.                         |  |
| Gratitude                            | 4. Share your progress!             | 5. Identify your trusted friends, family, adults.                  | 6. Make a list of who/what you are grateful for.              | 7. Show your gratitude.                                     | 8. Make a list of traits you love about yourself.                            | 9. Make a connection.                              | 10. Make a list of the traits you love about someone else. |  |
| Exercise                             | 11. Remind folks about your pledge! | 12. Learn about the connection between exercise and mental health. | 13. Exercise!   | 14. Move and do good.                                       | 15. Exercise!  | 16. Play a game.                                   | 17. Exercise!  |  |
| Mindfulness                          | 18. Send out positive messages.     | 19. Learn about other's mental health.                             | 20. Find a relaxing activity.                                 | 21. Perform kindness.                                       | 22. Self-Reflect.  | 23. Reach out to someone in need.                  | 24. Meditate and chill.                                    |  |
| Reflection                           | 25. Share a recap of the pledge.    | 26. Take time to reflect on your journey.                          | 27. You did a great job. Relax a take some time for yourself. | 28. Write down 3 things you found helpful from this pledge. | 29. Make a list of the activities that you enjoy doing.                      | 30. Post and share about you taking the Pledge.    | 31. Find a relaxing activity and focus on me-time.         |  |

