

H.U.G.S Extra Curricular Ideas	Hope	Understanding	Gratitude	Support
Academic				Promoting Hope, Understanding and Gratitude all create a supportive environment for people to thrive
STEM Outreach: Organize outreach programs in local schools to promote interest in STEM subjects, inspiring younger students.		X		
Peer Tutoring: Organize an after school peer tutoring club in which students can help other students struggling academically.	X	X		
Arts				
Photography Project: Complete a series of wildlife photos for a community exhibit, highlighting local biodiversity.	X	X		
Animated Film: Produce a short animated film using digital software, and showcase it at a local film festival.	X	X	X	
Art Club: Create a club to teach drawing techniques to students at the community center		X		
Mural Painting Project: Create a mural in the school cafeteria to promote environmental awareness.		X		
Crane Ceremony: Drum up excitement about creating cranes and donate them to Meagan Bebenek Foundation.	X	X	X	
Improv Club: Participate in weekly improv sessions, developing quick-thinking and performance skills.		X		
Musical Theatre Group: Organize a musical theatre production with singing, dancing and acting and perform as a member of the group.		X		
Drama Productions: Play lead roles in various productions, including street plays and dance performances.	X	X	X	
Fashion Show: Unleash the inner Gucci and put on a fashion show at your school!		X		
Cultural				
Cultural Festival Coordinator: Plan and coordinate a school-wide cultural festival to celebrate diversity and different heritages.		X	X	
Heritage Dance Group: Participate in a traditional dance group, performing at cultural festivals and school events.		X	X	

H.U.G.S Extra Curricular Ideas	Hope	Understanding	Gratitude	Support
Entrepreneuership				Promoting Hope, Understanding and Gratitude all create a supportive environment for people to thrive
Social Enterprise Founder: Create a business selling handmade crafts to raise funds for Meagan Bebenek Foundation.		X	X	
E-Commerce Platform: Develop an online store to sell handmade crafts, learning about web development and digital marketing,		X	X	
Environmental & Sustainability Initiatives				
Tree Planting Initiative: Organize a tree-planting day, engaging students and community members to promote environmental awareness.	X	X	X	
School Garden Project: Create a community garden on school grounds to promote sustainability and teach gardening skills.	X	X	X	
Health & Wellness				
Meditation Club: Start a meditation club to teach stress-relief techniques to students.	X	X	X	
Nutrition Workshop Organizer: Organize workshops on healthy eating habits and nutrition for students.		X	X	
Yoga Club: Start a yoga club to promote physical fitness and mental well-being among students.		X	X	
Mental Health Advocate: Organize workshops to raise awareness about mental health issues and provided resources for students.	X	X	X	
Leadership				
Spirit Week: If your school runs a Spirit week, why not dedicate an activity to MBF? This could be a wacky hat/tie day, Hawaiian shirt day, etc.	X	X	X	
Student Council: Organize and lead school-wide initiatives to improve student life, including new programs and events.	X	X	X	
Leadership Group: Create a group focused on helping new students transition into high school through mentorship and support.	X	X	X	
Create a HUG: On the Friday before Mother's Day, organize a school-wide hug around your school! Bring staff and students together to HUG your building!	X	X	X	

H.U.G.S Extra Curricular Ideas

Hope

Understanding

Gratitude

Support

Media

Yearbook Committee: Help design and edit the school's yearbook, capturing key moments from the school year.



School Blog Contributor: Write articles for the school's blog, covering various student events and activities.



School Newspaper: Participate in content creation, writing articles, and managing a team of student journalists.



Podcast: Produce a podcast discussing political and social issues relevant to teenagers, engaging peers in meaningful conversations.



Social Media Management: Manage social media for a school club, creating engaging and creative content. (Be sure to follow @meaganbebenekfoundation)



Music

School Band or Orchestra: Play an instrument performing at school concerts and community events throughout the year.



Spoken Word Poetry: Write and perform original poetry at school talent shows and local community events.



Choir: Participate in school and community choir performances, contributing as a vocalist in multiple concerts.



Dance Showcase: Choreograph and perform dance routines for the school's annual dance showcase.



Community Theater: Take on a lead role in multiple community theater productions, gaining experience in acting and stage presence.



Promoting Hope, Understanding and Gratitude all create a supportive environment for people to thrive