

# Students Spoke, We Listened

If you ran a school, how would you reduce academic stress for your students?



## Breaks Throughout the Day

- Five-minute meditation breaks
- Mid-class breaks to reset the mind
- Mental health breaks (outside) at least one time a day
- Places for people to go if they need space or a break
- Have breaks between classes for kids to reset and talk to friends

## More Than Academics

- No tests
- More fun days
- Outdoor activities
- Hands on activities
- Add games/creativity into assignments
- More field trips not focused on academics
- More days of all school community bonding

## Flexible Schedules

- A longer lunch break
- Off campus lunch
- Flex/free periods!
- Give longer periods for classes with more to cover
- Provide less homework or more time in class to do it
- More study halls for students to actually get help from their teachers
- One mental health day off per week. You choose what day.



Wisconsin high school youth shared these thoughts at the Mental Wellness Student Leadership Summit 2026 hosted by the Wisconsin Office of Children's Mental Health on April 17, 2026 in Madison.



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