

Cash prizes will be awarded for the most creative and effective deliveries of the script.

**THE CHALLENGE:**  
CREATE A 30 SECOND TV COMMERCIAL INSPIRED BY THE SCRIPT BELOW.

## SCENE 1

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"Keeping mentally healthy is as important as staying physically healthy, and it's as simple as A-B-C Act-Belong-Commit."

"Being active—physically, socially, mentally, culturally and spiritually; keeping connected to friends and family; and joining in with your community are the basic building blocks for good mental health."

## SCENE 2

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### "Act"

*(pick one of the following)*

"Go for a walk or run, the fresh air can clear your mind and make you feel alert! You'll be ready to take on any challenge the day may throw at you."

"Go for a swim, the exercise will kick start the natural endorphins that will make you feel happy."

"Read a book or do a crossword puzzle, take time out with an activity that will take your mind off of everyday worries."

"Sing and dance like no one (or everyone) is watching. Have fun and let the energy of the music lift your spirits."

## SCENE 3

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### "Belong"

*(pick one of the following)*

"Join a (insert your preference: sports, drama, singing, book club, x), it's a great way to stay active, meet new friends and something to look forward to."

"Find a community event to attend, they are always fun and entertaining."

"Chat to someone new, the shop assistant, someone in the park, a neighbour; who knows you may find some things in common and start a new friendship."

## SCENE 4

## "Commit"

*(pick one of the following)*

"Take on a challenge, you're stronger than you know, and you've got the support of friends and family, go on surprise yourself."

"Volunteer – you can help your community, your school, your family or a friend; it will make them feel good and you'll feel great for doing it too."

"Make a commitment to learn something new, a language, an instrument, or how to knit! Once you set your mind to it, anything is possible."

## SCENE 5

"People seem to intuitively know what to do to remain mentally healthy, but we need to make people more conscious of the fact that they need to deliberately do things to keep mentally healthy."

"ACT. BELONG. COMMIT. For more ideas to keep mentally healthy google Act Belong Commit."

### Submissions due 1<sup>st</sup> October 2021

Email [admin@yohfest.com.au](mailto:admin@yohfest.com.au) with:

- Subject line 'ABC commercial entry'
- MP4 file
- Student name/team name, school, year group and commercial title

Winning commercials will be shown during the YOH Fest Live Grand Finals on the 29<sup>th</sup> & 30<sup>th</sup> October 2021 and across social media channels.

