



Peek of Mind



September Prompt: Peek of Mind

We're all unique with different likes, dislikes and emotions. Sometimes we may appear happy on the outside, but on the inside we're feeling lonely, anxious, or feeling self doubt. No one can see what's really going on inside our minds, but, what if we gave each other permission to take a peek?

For this prompt, reflect on who or what in your life keeps you going and reminds you to stay hopeful when you are going through a tough time. Create a 60-second PSA, original song, TikTok, drawing, painting, or art in any form that reveals what's hidden inside your mind, what keeps you going during tough times, and shows ways that each of us can truly support one's mental health.



September is Suicide Prevention Month. Download resources and activities at youthcreatingchange.org/events



Check out this brief overview of the [MoxieBoxArt Peek of Mind Lesson](#).

ALL ART FORMS ACCEPTED

OPEN TO YOUTH AGES 12-25

WIN PRIZES

**SUBMISSION DEADLINE:
SEPTEMBER 30, 2026**

Use the Moxiebox "Peek of Mind" Manual and some of the ideas below to help you get started:

- Create art or a video that shows the difference between what people see on the outside vs. what's happening inside your mind when it comes to your mental health.
- Visualize your inner thoughts, anxieties, or worries: then draw, paint or write about what in your life keeps you going when you are having a tough time.
- Create art that tells a story about how one's cultural traditions or expectations can shape what they keep inside their mind and what they feel safe sharing. Explore how youth can change those expectations and better support mental health.

Moxiebox serves TK-12th grade students and is designed by art teachers to foster creativity, self-expression, and exploration in youth through an accessible art curriculum ensuring every young artist feels empowered to paint their world. First place winning youth will receive 10 MoxieBoxes and the school will receive a classroom set of kits. Honorable Mentions will receive 5 kits.

[Learn more here.](#)

