Taking Positive Action

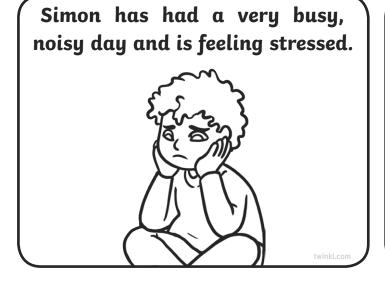
Cut out the cards and give one set to each small group. Each group then needs to match the thought, feeling or behaviour to the action that would support positive mental health.

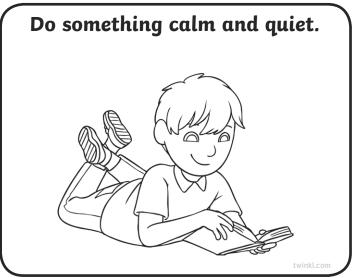












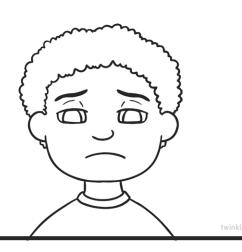




Play outside with people who make you smile.



Junaid feels really sad inside.



Ask someone you trust for help.



Beatrice wishes she was more like her friends.



Remember you are special just the way you are.

