

I can talk to these people
about my feelings:



I enjoy these activities:



I need to drink

.....
glasses of water
a day



My favourite fruit and
vegetables are:

- 1.
- 2.
- 3.
- 4.
- 5.



I can keep my body
active by:



I can keep my mind
active by:

My Name is:

.....
These are my Pick & Mix for mental health

I need this much sleep
at night
This is how I relax:



This is how I can stay in
touch with others:



I can ask for help from
these people:



I am proud of
myself because:



I can help these people:

