

TAKING ACTION

Our little acts of kindness can make a big difference -
one small action can lead to another, creating a chain of happiness!
While our individual actions matter, when we come together we are even more powerful.

HERE ARE SOME IDEAS OF STEPS YOU CAN TAKE -
ADD YOUR OWN IN THE MISSING SPACES!


CHALLENGE!
KEEP THIS PAGE AND
COLOUR IN EACH
ACTION YOU
TRY!

ASK FOR HELP
WHEN I NEED IT

TAKE A FEW
DEEP BREATHS

GO OUTSIDE
FOR FRESH AIR

THINK OF SOMETHING
I AM GRATEFUL FOR

for yourself

LISTEN WHEN
SOMEONE IS
TALKING

SAY SOMETHING
KIND

for someone else

INCLUDE
SOMEONE IN
A GAME

HELP LOOK
AFTER SHARED
SPACES

WORK
TOGETHER
AS A TEAM

SHARE IDEAS
TO MAKE SCHOOL
A KINDER
PLACE

LISTEN TO OTHER
PEOPLE'S IDEAS
AND FEELINGS

for all of us

MENTAL HEALTH AWARENESS WEEK

WHICH STEPS DID YOU TAKE?

Write an action in each box.

Three hand-drawn rectangular boxes arranged horizontally. Each box is decorated with a star at the top and a rainbow on the left side. The stars have simple faces. There are small asterisks scattered around the boxes.

ACTION HERO!

Now turn one of these into a comic!
What happened?
What difference did you make?
How did you feel?



A 2x3 grid of comic panels. The top row has two panels of equal width, and the bottom row has three panels of equal width. The panels are empty for drawing.

