

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.

Sasha is feeling very grumpy because she had a late night.



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Go to bed on time.



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Adnan is worried about having no one to play with.



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Talk to someone you trust about how you are feeling.



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Simon has had a very busy, noisy day and is feeling stressed.



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Do something calm and quiet.



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Rochelle is feeling cross. She has been watching TV all day.



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Play outside with people who make you smile.



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Junaid feels really sad inside.



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Ask someone you trust for help.



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Beatrice wishes she was more like her friends.



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Remember you are special just the way you are.



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