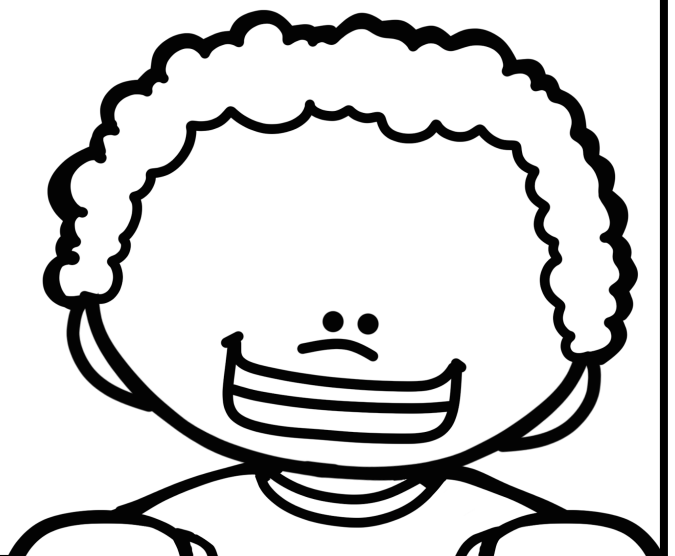


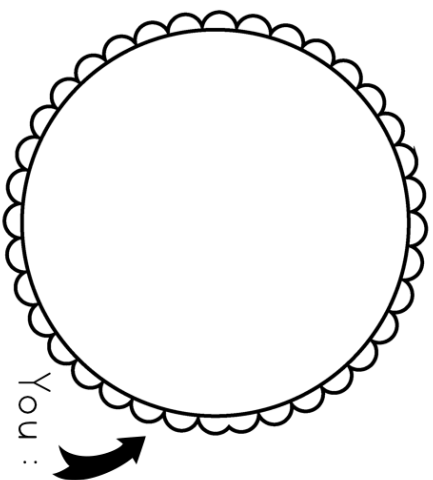
BOOKLET GUIDE

This booklet contains activities to get us thinking about the importance of Mental Health in our lives. It contains A4 printable worksheets AND a booklet version!

- MONDAY: ... focuses on the importance of getting involved at home, in school or in our community.
- TUESDAY: ... is all about giving. Giving to those who matter most to us and giving to the world around us.
- WEDNESDAY: ... asks us to describe how we stay connected to those around us and the importance of having friends and family to talk to.
- THURSDAY: ... is all about taking time to notice the world around us.
- FRIDAY: ... reminds us to keep active !



Men+All Heal+All Week



Name: _____

MONDAY

Get Involved

How do make a difference?



Write about how you get involved at home, in school or with your community...



TUESDAY

GIVE

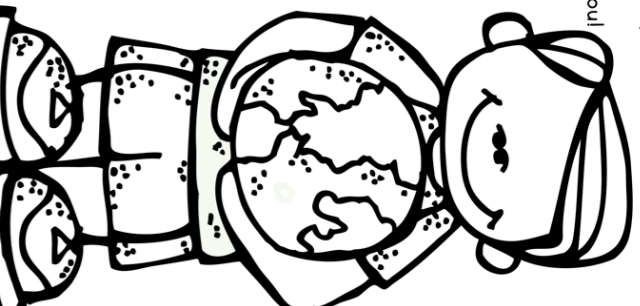
What have you done to help someone
or make someone happy?

Write a compliment about
three people in your life!



Draw a picture of
someone who gives to you!

*Life is like a boomerang,
what you give - you get!*



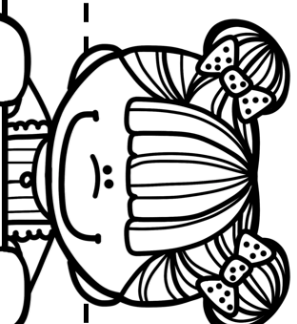
WEDNESDAY

CONNECT

How do you stay connected with others?
Who did you connect with today?

Why is it important to stay connected with your family
and friends?

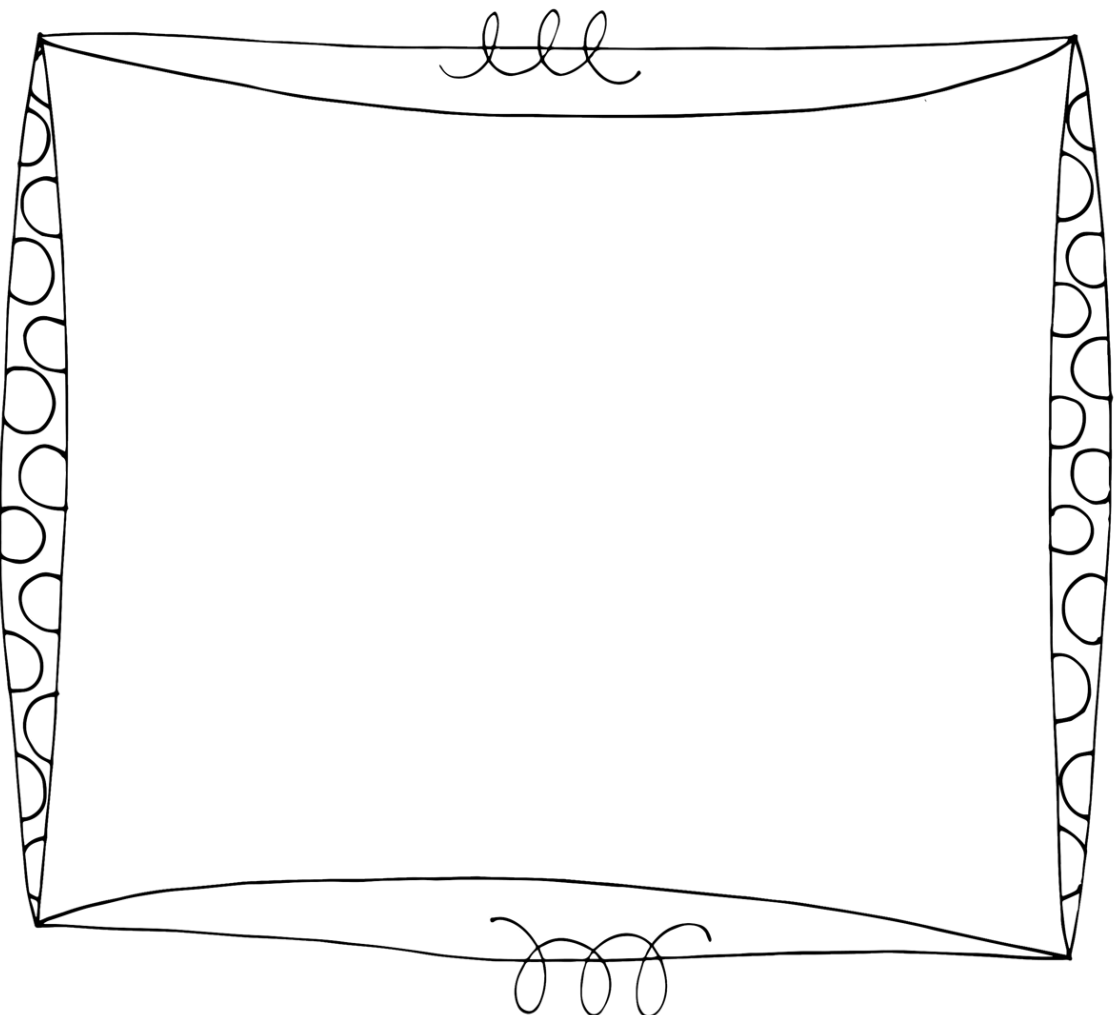
TOP TIPS FOR STAYING CONNECTED!



THURSDAY

TAKE NOTICE

What do you notice about the world around you?



Take a short walk outside and draw a picture when you return.

What did you see, smell, hear or touch?

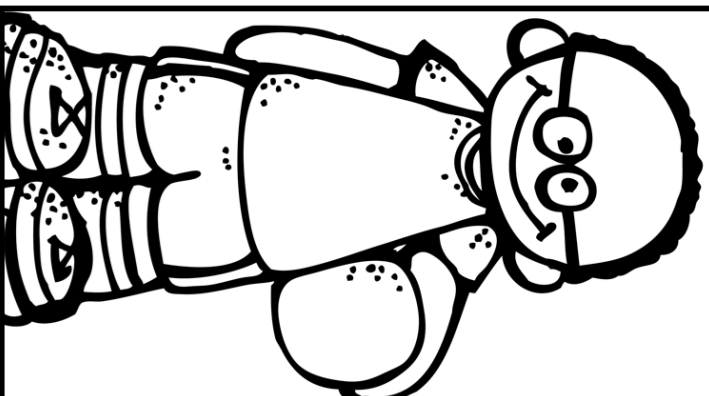
CLASS OF 2020
CREATIVITY

FRIDAY

BE ACTIVE

Why is it important to stay active?

What ways do you enjoy being active?

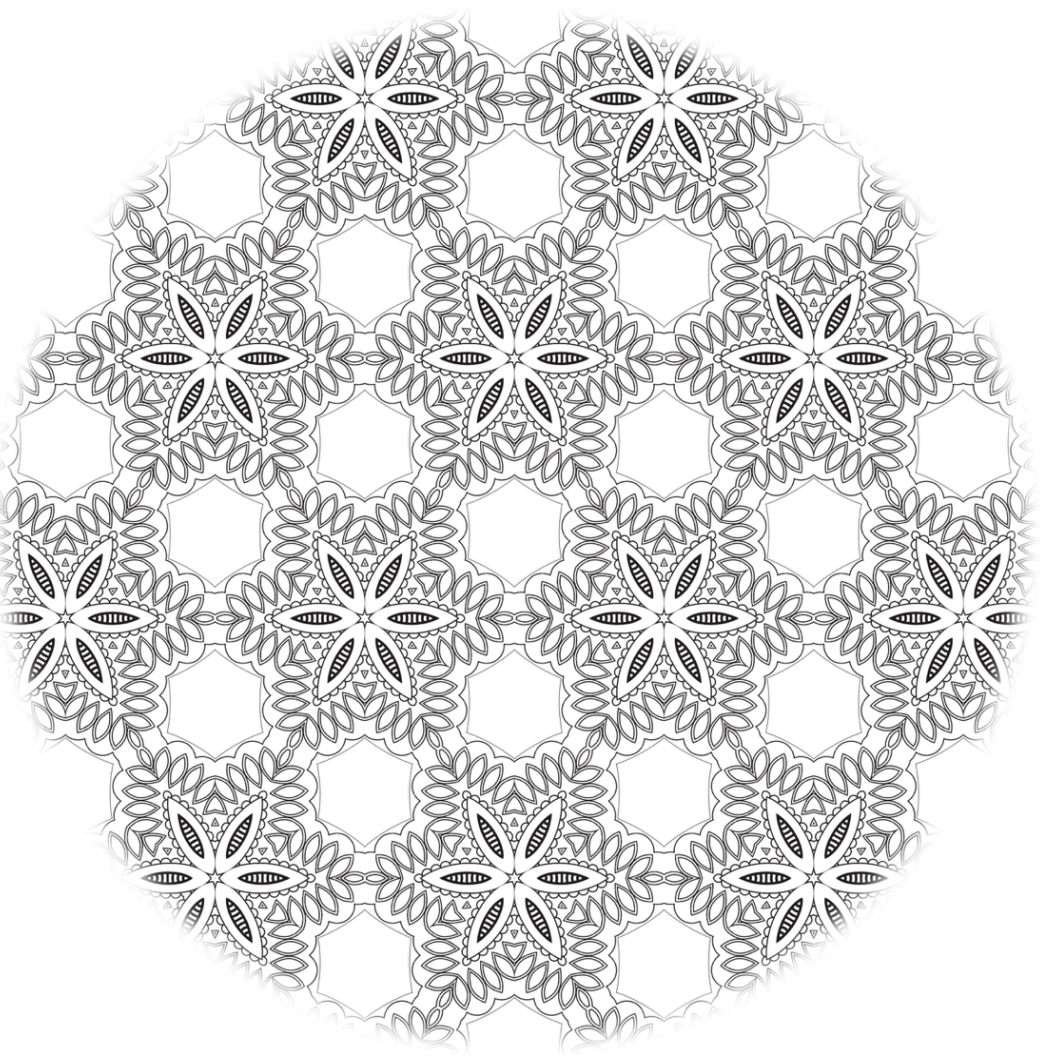


*List a few of the fun exercises
you could do to get
active today...*



| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| f | g | h | b | n | t | i | m | g | f | s | f | r |
| r | a | c | t | i | v | e | h | j | s | h | r | d |
| m | e | n | t | a | l | g | n | e | g | e | n | e |
| h | f | m | i | n | d | f | n | m | i | l | v | n |
| e | a | f | k | a | d | l | t | e | f | d | t | l |
| a | m | a | y | a | n | f | a | n | h | g | o | n |
| l | i | m | v | f | r | i | e | n | d | s | c | v |
| + | l | g | d | c | o | n | g | g | i | v | e | n |
| h | y | n | f | u | + | i | m | e | f | g | h | i |
| v | i | | c | o | n | e | e | c | + | k | l | a |
| m | i | n | d | f | h | a | q | w | d | r | t | + |

time



A protein shown is a
protein folded