

BRAIN TEASERS

1. I can be heavy if kept inside, but lighter when shared. What am I?

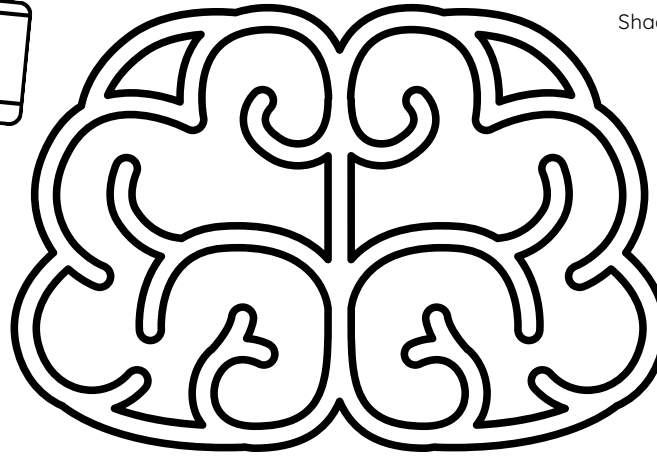
2. I feel hot and heavy and can explode like a volcano. What am I?

3. I'm invisible, I go in and out, and counting me calms you. What am I?

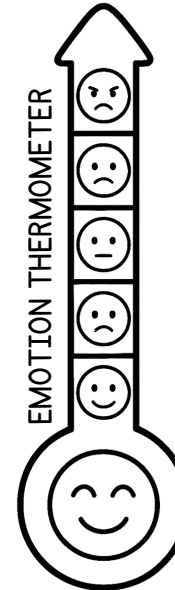
4. I'm contagious but I'm not a cold. I spread fast and I make others join in. What Am I?

WORLD MENTAL HEALTH DAY 2025

NAME FIVE PEOPLE
YOU CAN TALK TO:



Shade the thermometer to
match your mood:



MIRROR OF
KINDNESS

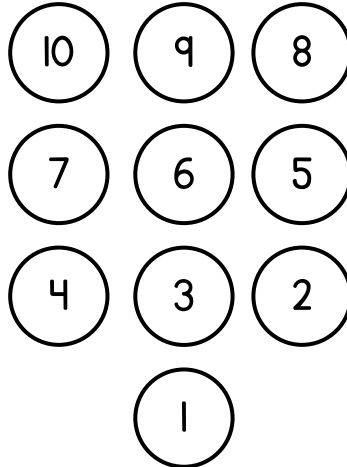
Fill the mirror with
a kind thought
about yourself.



CREATE AS
MANY WORDS
AS YOU CAN:

RATELSNOP

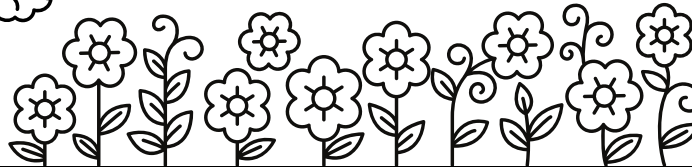
MINDFUL DOTS
BREATHING



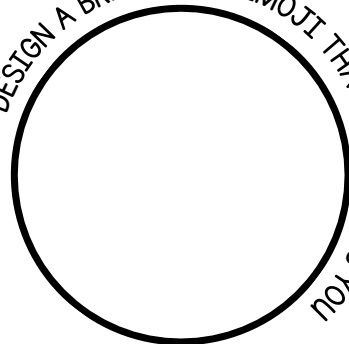
Place your finger on the 10,
take a deep breath and slowly
release it. Move your finger to
the 9 and continue to slowly
count down to 1. Don't forget to
take a slow deep breath with
each dot.



COLOUR IN OR DOODLE IN THE BRAIN

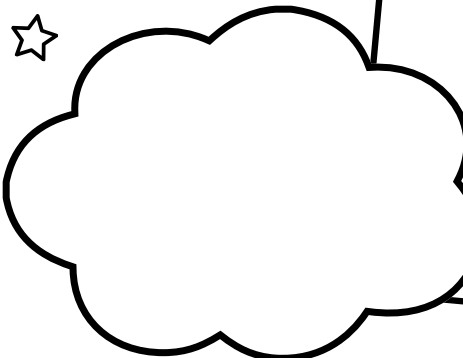


DESIGN A BRAND-NEW EMOJI THAT REPRESENTS YOU



GRATITUDE GARDEN

Write down some things you are
grateful for in the planter box.



THINGS THAT HELP ME FEEL CALM:



Lighten your load, place a worry
in the cloud and let it float away.

