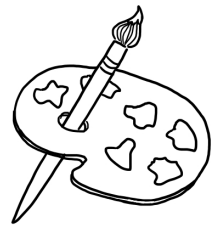
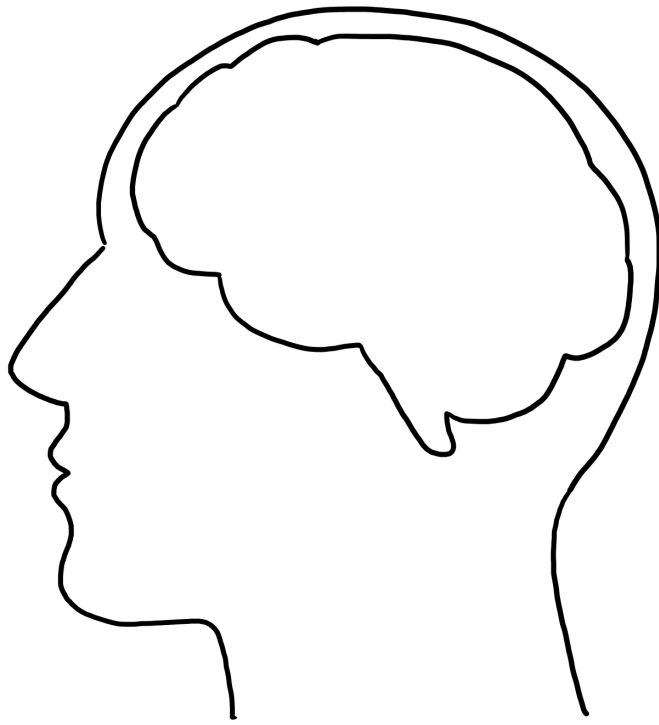


World Health Day

Taking care of your mental health is very important.
Color the pictures and label each activity using the word bank.
Each activity can help to improve your mental health.

Can you think of more ways or activities to improve your mental health?
Write your ideas in the brain.



Word Bank: listening to music, sleeping, making art, walking/exercising