

MIATSON WOUR MIND

#myheaIthmyrights #bemorebear

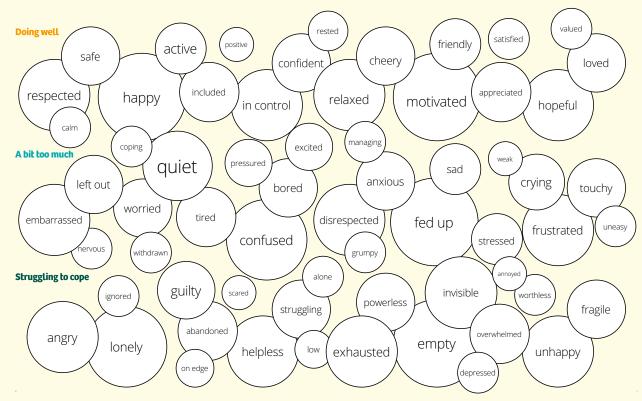
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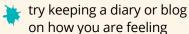
- Find someone you feel you can trust and plan what you want to speak about.
- Decide what you are comfortable talking about rather than opening up too much before you feel ready.
- Take it one step at a time, don't be scared. Talk sooner rather than later.

Sharing two minutes of your time with someone can make the difference & change their life

These circles contain words that help describe thoughts and feelings. Colour them in with colours that you feel match the word.



MANAGING WHAT'S ON YOUR MIND:



spend time with friends

listen to music, draw or colour in



🔖 stay active and eat healthy

be realistic – it's okay to not be perfect



Thank you to our friends at the SeeMe Project for sharing this activity with us. To find out more about the SeeMe and what they do visit https://www.seemescotland.org/young-people/whats-on-your-mind/