



SHARE
THE

JOURNEY

Share the Journey Classroom Activity

Your class, school or staff room can take part in mental health month with this wall display. Simply use the balloon templates attached to *Share a tip that makes others feel good!*

Print one A4 sheet per student

1. Initiate a discussion about:
 - a. When do you feel sad, angry or worried?
 - b. What makes you feel good?
 - c. What can make others feel good?
2. Each student writes/draws/ or uses a picture to represent their idea on their balloon.
3. Cut out the balloon and create a wall display!
4. Send photos of your wall display to win some chocolates and a mini bandaged bear.

Email images to schoollink@chw.edu.au to enter! Entries close Friday 16th of November 2018.

Learning Outcomes: IRES1.11, IRS1.11, IRS2.11, IRS3.11, COES1.1, COS1.1, PSES1.5, PSS1.5

This event is part of Mental Health Month 2018, supported by WayAhead

MENTALHEALTHMONTH.ORG.AU

#sharethejourney2018



Examples









