

Stage 2

I could...



MENTAL
HEALTH
MONTH
OCTOBER

Wayahead®

Stage 2

I could...



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I could...

- think about what makes a good leader
- help someone



I could...

- see them at lunchtime
- make friends with the person sitting next to me this year



I could...

- talk to my teacher
- ask my teacher if I can take a break



I could...

- ask my teacher for help
- ask the person next to me



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I could...

- talk to my friend and say sorry
- give my friend one of my pens



I could...

- remember it's OK to feel nervous sometimes
- take 3 deep breaths before the performance starts



I could...

- practice the talk with my family
- practice the talk with my teacher



I could...

- congratulate a team mate
- encourage everyone to play their best



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I could...

- make a birthday card
- play in my backyard to use up some energy



I could...

- take a few deep breaths and a sip of water to help me feel calmer
- after class say sorry to my teacher



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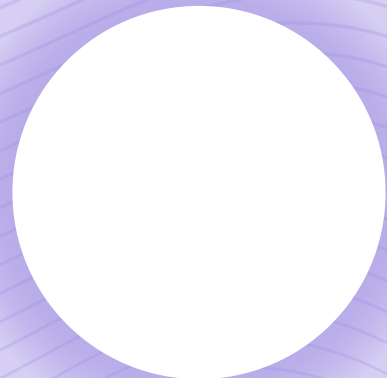


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