

Stage 4

I could...



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MENTAL
HEALTH
MONTH
OCTOBER

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I could...

- ☐ check I've packed everything on the list
- ☐ talk to my friends about the activities planned



I could...

- ☐ talk to a person I trust about it – parent, teacher, older friend or sibling.
- ☐ try to stay calm and neutral and be a good listener



I could...

- ☐ ask a teacher or a friend for some help
- ☐ walk away from it for a while and come back with a fresh outlook



I could...

- ☐ join a study group to build my confidence
- ☐ make a study calendar to help with managing my time



I could...

- ☐ remember we are all different and that's OK
- ☐ think of what you like about where you live



I could...

- ☐ tell them you're grateful to have them as your friend
- ☐ 'pay it forward' – help someone when they need it



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I could...

- ☐ take a moment – it feels good to get a reward for hard work
- ☐ keep trying and doing my best



I could...

- ☐ talk to someone I trust about how I'm feeling
- ☐ choose a self-care activity to help myself feel better (eg. bubble bath, a run, movie night)



I could...

- ☐ ask for feedback from the team selector
- ☐ remember I am capable but I won't be chosen every time



I could...

- ☐ tell my family or teacher
- ☐ spend time with a kind friend



I could...

- ☐ take a breath, walk to the right classroom and explain what happened
- ☐ remember that it's OK, everyone makes mistakes.



I could...

- ☐ join an activity or club at school that I enjoy, to meet new people.
- ☐ talk to a teacher you trust about how you feel



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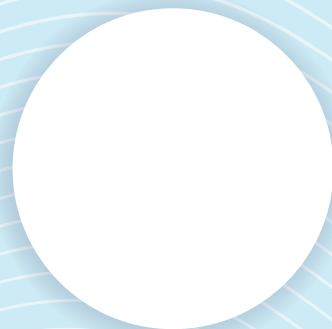


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I could...

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I could...

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I could...

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