

Activity

Write down on a piece of paper or in your phone:

- 3 Positive Things you can do when you are not feeling OK?
- 3 People you can talk to when you are not feeling OK?
- 3 Things you can do to help your friend when they are not OK?



Please find more facts, resources, activities on the Student Wellbeing LMS page

<https://lms.craigieburnsc.vic.edu.au/course/view.php?id=367>