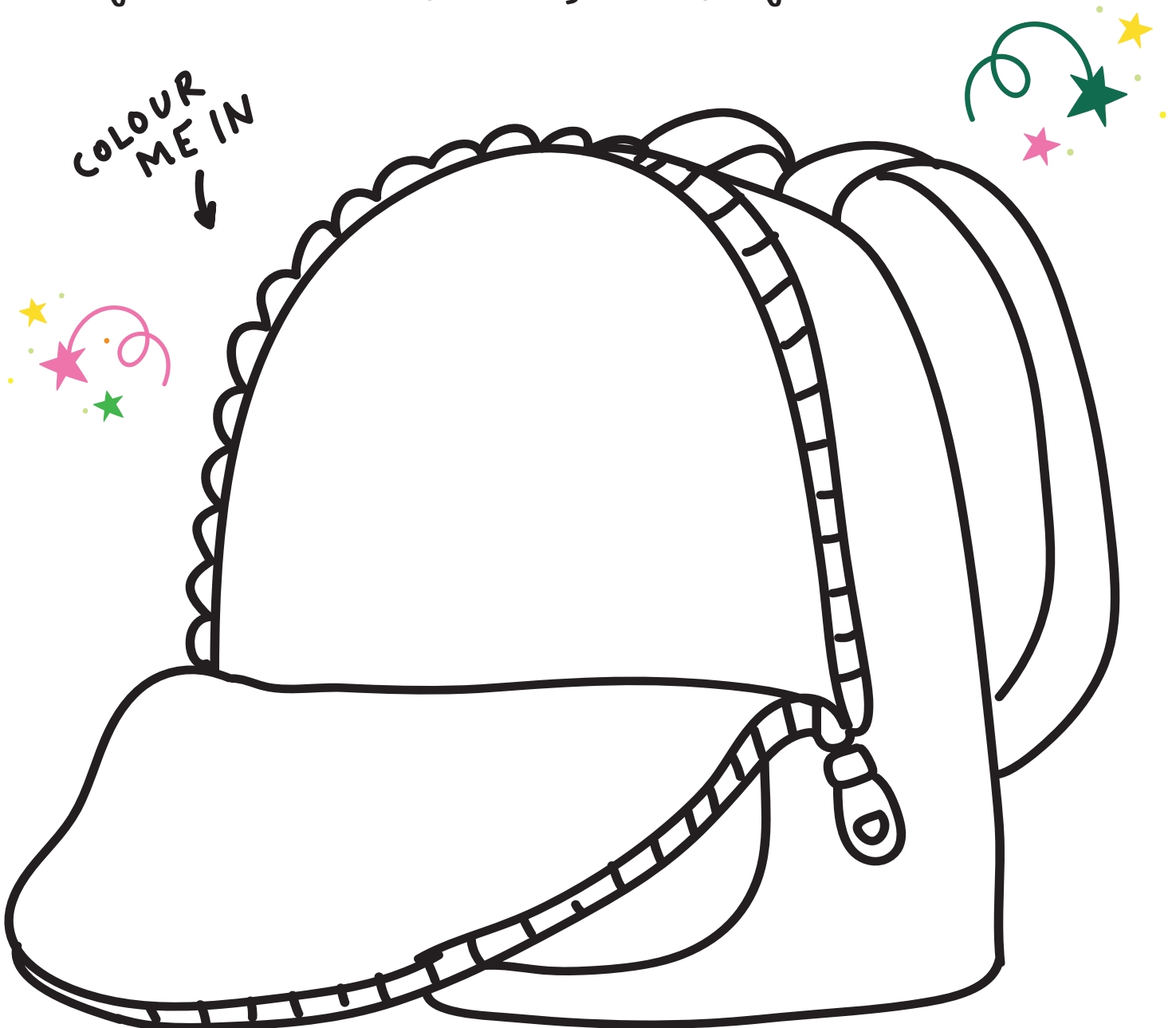


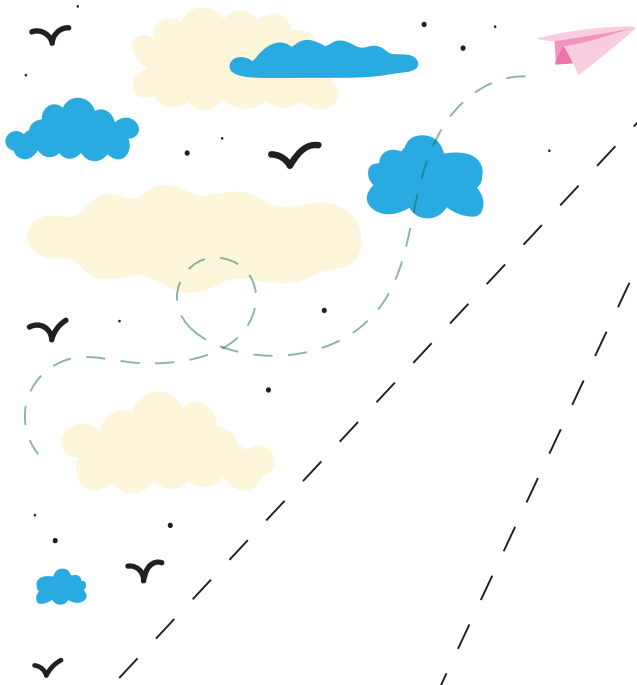
World MENTAL HEALTH Day

When you're feeling good, everything seems GREAT!

Why don't you celebrate the things that make you happy, and the things you're proud of, by writing them in this backpack? Now you can imagine you're carrying your positive thoughts around with you everywhere you go!

COLOUR
ME IN
↓





We all feel unhappy or have tricky thoughts sometimes.

Next time you're not feeling great, why don't you fold up this paper airplane and write your thoughts on it. Fly it around the room and watch your negative words drift away.