




Mental Well-being Workshop

Optimism Activity



Things to be glad about

<p>Today</p>	
<p>Outside</p> 	
<p>At school/work/home</p> 	
<p>In myself</p> 	
<p>In the future (tomorrow/later on in the year/next year)</p>	

How I cheer myself up when I'm feeling sad or worried

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