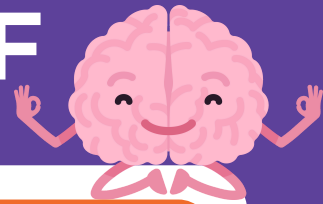


QUESTIONS TO MYSELF



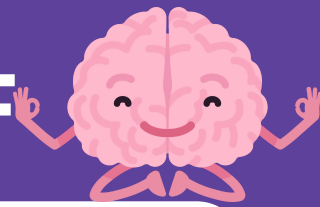
INSTRUCTIONS

Take some time to reflect on each prompt below. There are no right or wrong answers. Write down your thoughts and feelings honestly. After you've completed the activity, you can share your answers with a partner or keep them private.

Additional Instructions:

- If you're struggling to find words, you can use colours to express your emotions. Choose colours that represent how you're feeling right now.
- Feel free to draw or doodle anything that comes to mind while thinking about each prompt. Your drawings can be abstract or representational. It's up to you!
- Remember, there's no right or wrong way to complete this activity. Focus on expressing yourself honestly and taking care of your mental health.

QUESTIONS TO MYSELF



● **How would you describe your current mood?**
(e.g., happy, stressed, calm, anxious...)

- I'm feeling...
- Today, my mood is...
- Right now, I'm...

● **What are some things that make you feel happy?**

- I feel happiest when...
- Something that brings me joy is...
- When I do , it makes me smile.

QUESTIONS TO MYSELF



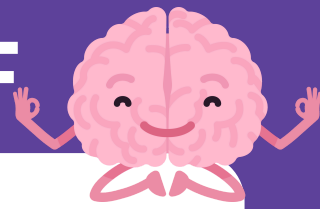
● **Do you ever feel overwhelmed by school or other responsibilities? If so, what do you do to feel better?**

- When I'm overwhelmed, I...
- To manage stress, I...
- Sometimes, I find it hard to handle...

● **Do you feel comfortable asking for help from teachers when you need it?**

- I usually ask for help from teachers when...
- Sometimes I hesitate to ask for help because...
- It would be easier to ask for help if...

QUESTIONS TO MYSELF



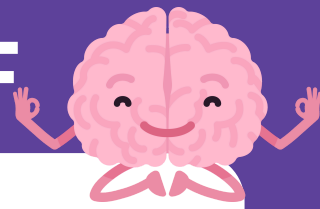
● How important are your friendships to your overall well-being?

- Spending time with friends helps me feel...
- Sometimes I feel lonely if...
- It would be nice to have more friends who...

● What are you looking forward to in the coming months?

- I'm excited about...(upcoming event, project, etc.)
- Something I'm looking forward to is...
- One thing that motivates me is...

QUESTIONS TO MYSELF



- If you'd like to keep writing or drawing, feel free to use this space for anything you want!