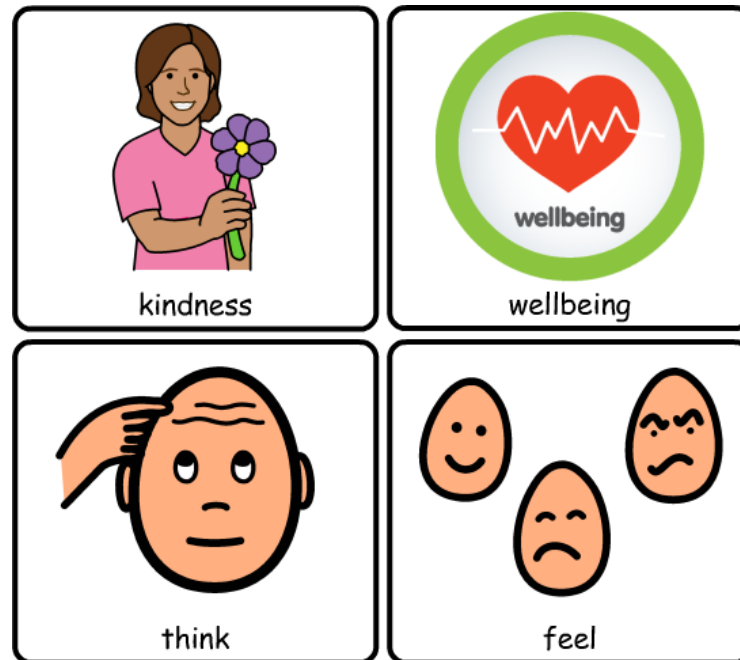


Mental Health Awareness Week 2020

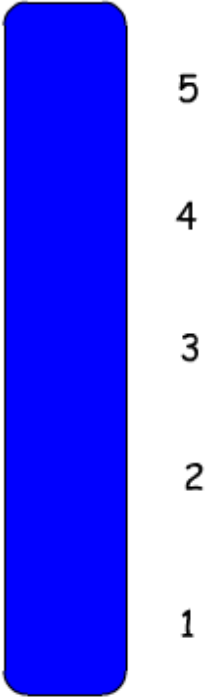
The theme is **Kindness**

Keywords



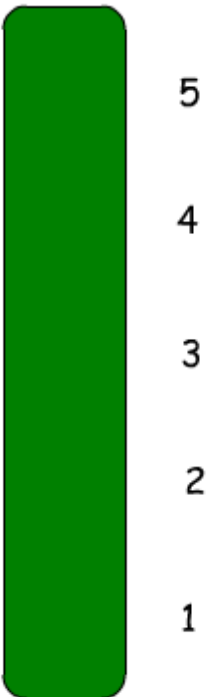
How I feel....

| | |
|--|--|
|  sad |  sick |
|  tired |  bored |



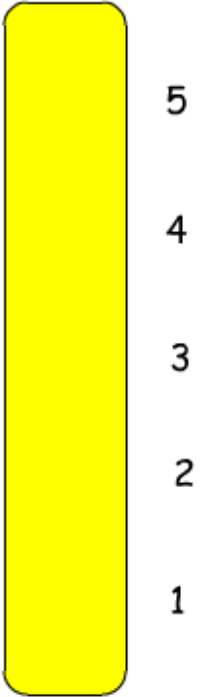
Blue Zone

| | |
|--|---|
|  happy |  calm |
|  okay |  focused |



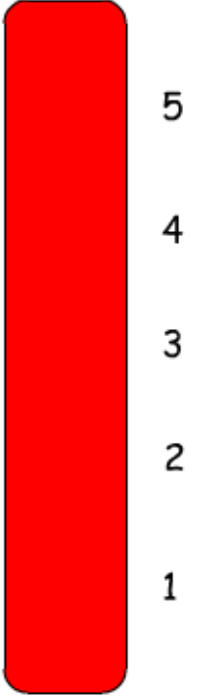
Green Zone

| | |
|--|---|
|  frustrated |  worried |
|  excited/ silly |  a bit out of control |



Yellow Zone

| | |
|---|---|
|  mad/ angry |  terrified |
|  elated |  out of control |



Red Zone