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Have lunch with a different friend. Take a selfie of the two of you if feeling comfortable.

Watch a favourite T.V. program / film with a family member or friend and cook homemade popcorn.

Write a Thank You card to a teacher / parent / friend who helps you a lot. Give it to them.

(1 Point)

Interview your family members talking about most embarrassing/scary /happiest moments.

Put your phone away or switch the TV off for 1 family dinner and have a conversation starting with “How was your day?”

With a friend doodle or draw your feelings. Compare. Do it again in a week’s time and see if the picture is different.

(2 Points)

Watch 1 YouTube video from [www.timetochange](http://www.timetochange) about Mental Health. How would you rate your mental health? Talk to someone if you need to.

(2 Points)