Pull a face and see if your friend can guess the emotion. How many emotions can you name in 30 seconds?

Find an emotion that you and your friend both felt today.

Get your friend to name an emotion, come up with a situation which might make you feel that way.

Find something that is the same between you and your friend.

Name a few people who make you smile.

Get your friend to name an emotion, come up with something you do when you feel that way.

Find one or two people you can go to when things are difficult.

Name a few of the people who are the same between you and your friend.

Cut

Fold first - toward back

Fold second - toward front

Fold third - toward front

Fold last - create finger gaps

Mental Health Month

October

WayAhead
Mental Health Association NSW