



Here are some fun resources and questions to help you be the HERO of your mental health!

What was your favourite thing about the Unstoppable Kids session?

What is one thing that you have learnt from Unstoppable Kids?

**BE A
HERO!**

Your mission: How will you be the HERO of your mental health?

H - Helping others:

- I will help others this week by: _____

E - Exercising:

- I will exercise this week by: _____

R - Relaxing:

- I will relax this week by: _____

O - Opening Up:

- I will open up this week by: _____



Some questions that may help your thinking:

- What is something kind that you can say to someone this week?
- What fun activities help you exercise? (Maybe a sport, walking the dog, or playing with friends)
- How can you help yourself relax? (Maybe 3, 5 breathing, or having a bath or shower before bed)
- Who is your favourite person to talk to?
- Who do you feel safe and comfortable with?

Our mission suggestion:

Remember each day that you are a HERO!

You could try starting each day by saying with your adult or one of your friends: "I am unstoppable, you are unstoppable, we are unstoppable!"

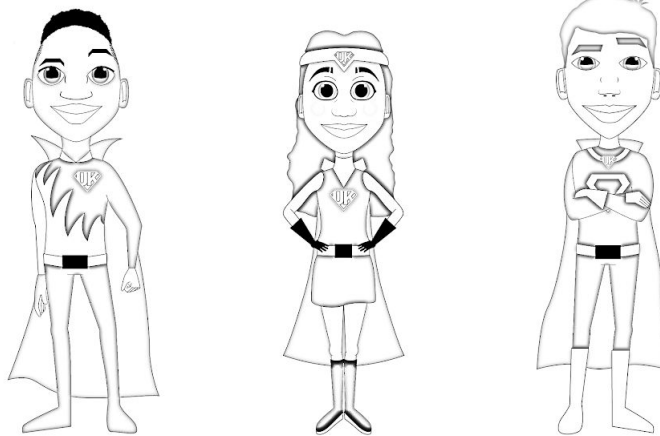
Helpful reminders:

If you feel worried like Jaide, remember your 3, 5 breathing. Breath in for 3 counts and out for 5. In for 3, and out for 5.

<https://www.thelilyjoproject.com/kids-mental-health/i-am-a-child/>



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UNSTOPPABLE KIDS