

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

## Mental Health Wellness Toolbox

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Individually, list skills and strategies individuals can use to help incorporate wellness in their life. With a partner, share your skills and strategies, and determine the best five tools to share with the class.

<b>Skills and Strategies</b>	<b>How is this going to help individuals?</b>	<b>How does this skill or strategy benefit society or the community?</b>	<b>Additional Comments</b>
Say one positive thing to a loved one or friend every day.	It will build them up emotionally and spiritually.	It promotes a stronger community and a sense of hope.	

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With a partner, determine the best five skills and strategies. Be prepared to share them with the class. You may present your ideas in a skit, video or oral presentation.

<b>Best Five Skills and Strategies</b>	<b>How is this going to help individuals?</b>	<b>How does this skill or strategy benefit society or the community?</b>	<b>Additional Comments</b>

You will be assessed with Rubric for Presentation.