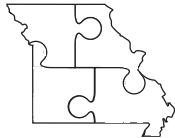


Ice Breaker

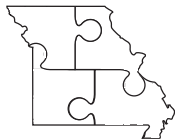
Describe your perfect day.



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Ice Breaker

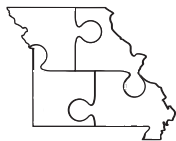
If you described your day using emojis, what would it look like?



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Start talking!

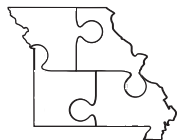
What does it mean
to you to be happy?



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Keep going!

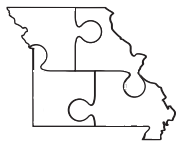
Is it realistic to be
happy all the time?



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Start talking!

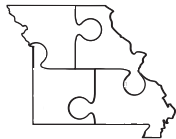
When have you felt stressed?
What makes you feel stressed?



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Keep going!

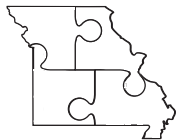
How do you deal with stress?



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Start talking!

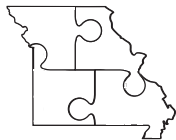
What have you heard
people say that has
hurt someone's feelings?



Connect with Me

Keep going!

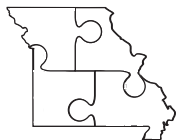
How did you feel or what did you do when you heard those things?



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Start talking!

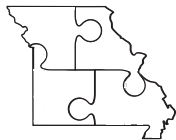
Describe the last time you felt angry. How did you handle that situation?



Connect with Me

Keep going!

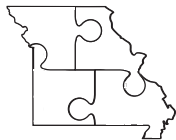
How did you calm yourself
down when feeling angry?



Connect with Me

Start talking!

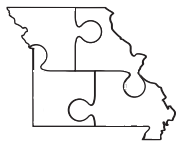
Sometimes emotions are hard to control. If you or a friend needs help who could you talk to?



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Keep going!

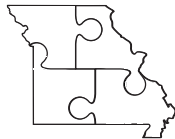
How would you encourage someone else to seek help?



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Start talking!

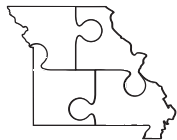
What does it mean to you to
be happy?



Connect with Me

Keep going!

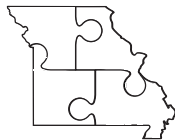
Is it realistic to be happy all the time?



Connect with Me

Start talking!

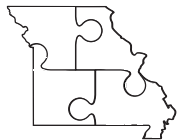
When have you felt stressed?
What makes you feel stressed?



Connect with Me

Keep going!

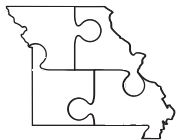
How do you deal with stress?



Connect with Me

Start talking!

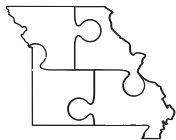
What have you heard people say
that has hurt someone's feelings?



Connect with Me

Keep going!

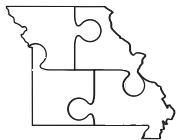
How did you feel or what did you do when you heard those things?



Connect with Me

Start talking!

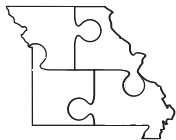
Describe the last time you felt angry. How did you handle that situation?



Connect with Me

Keep going!

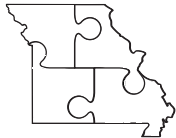
How did you calm yourself
down when feeling angry?



Connect with Me

Start talking!

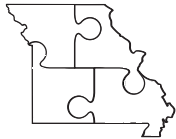
Sometimes emotions are hard to control. If you or a friend needs help who could you talk to?



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Keep going!

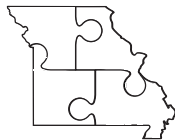
How could you encourage someone else to seek help?



Connect with Me

Start talking!

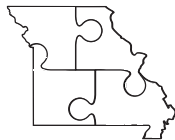
What are your hopes and
dreams for the future?



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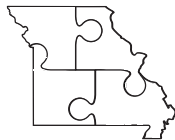
What do you need to do
to make those hopes and
dreams happen?



Connect with Me

Start talking!

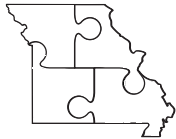
Do you feel the like the adults in your life support you? How so?



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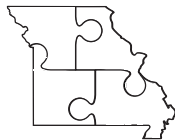
What is something an adult
could do to support you
more right now?



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Start talking!

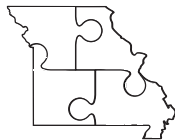
What is the easiest part of your day? Why?



Connect with Me

Keep going!

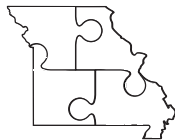
What is the hardest part of
your day? Why?



Connect with Me

Start talking!

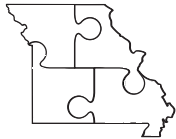
Do you worry about your family and friends' mental health? Why or why not?



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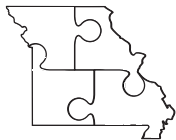
Do your family and friends talk about their mental health? What do they say?



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Start talking!

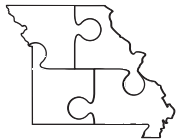
How do you cheer yourself up
when you're feeling sad?



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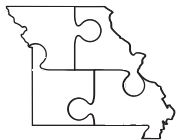
How can you support others
when they're feeling sad?



Connect with Me

Start talking!

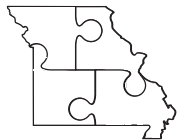
How do you “bounce back” from
a hard situation?



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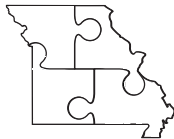
How do you get through hard times?



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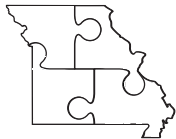
What is one important thing you did lately that you're proud of?



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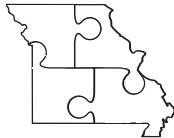
Tell me about a recent
positive experience you had.



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Start talking!

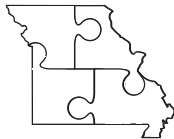
If you could go back a year ago and give yourself advice, what would it be?



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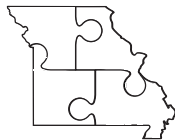
What do you hope will
change for you one year from
now?



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Start talking!

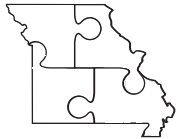
How would you describe your
mental health right now?



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Keep going!

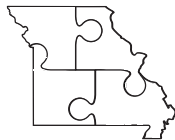
How do you care for your mental health? Why does this help you?



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Start talking!

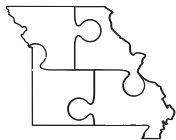
What is something that scares
you?



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Keep going!

How does that impact your life? How could you change this?



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