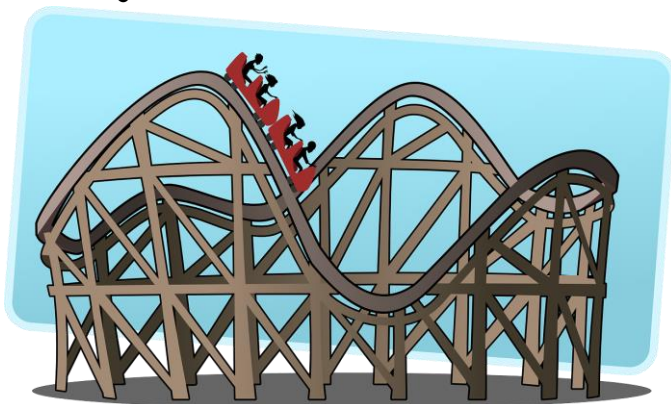


Activity: Life is a Rollercoaster!

A good activity to help us with our mental health is to track how we are feeling.

This helps us to understand our ups and downs, it helps those who care and love us know when we are not feeling our best allowing them to help us, and it also shows us that even though we may be struggling, there will be better days.

We just need to ride it out!



Using the rollercoaster on the next page (or draw your own), mark with a bright coloured pen how you are feeling each day. You might want to colour code your feelings, or you might want to use stickers!

Remember that your feelings might change throughout the day so mark those too. You can use the ups of the rollercoaster for when you are feeling happy and the lows when you are not feeling great.

Why not get everyone involved so you can keep track of how everyone is feeling?

