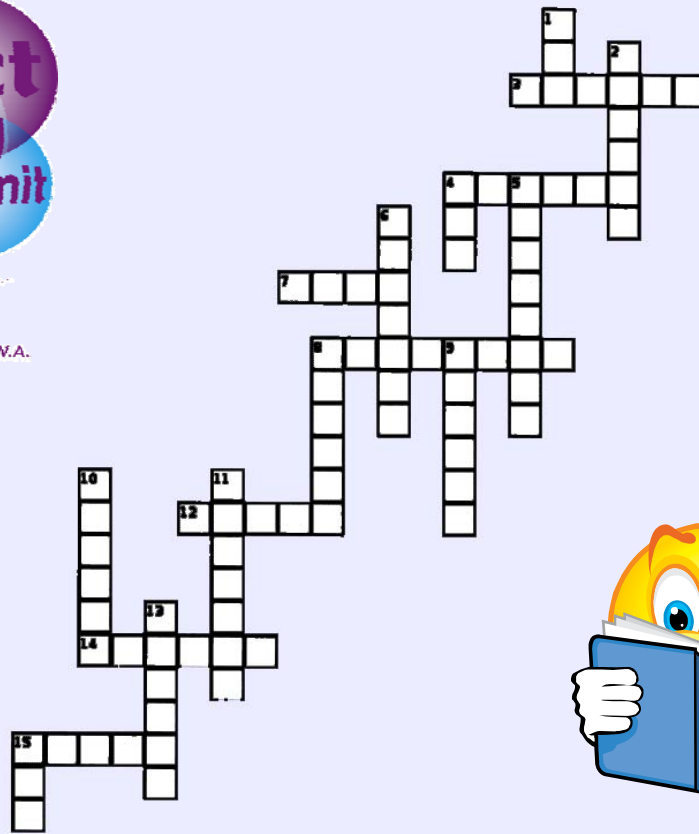


# The Act-Belong-Commit Crossword!

act  
belong  
commit



## Across Clues

3. Pressure caused, for example, by school work.
4. Put effort into the activities you do.
7. To lend a hand.
8. Australian \_\_\_\_\_ League: AFL.
12. The opposite of sad.
14. A non-related person whom you care about.
15. To \_\_\_\_\_ your feelings with friends.

## Down Clues

1. To perform a task that keeps you mentally healthy.
2. The condition of the mind and body.
4. To excrete tears from the eyes due to sadness.
5. \_\_\_\_\_ Healthy WA.
6. To offer assistance or help.
8. Parents and children as a group.
9. To be part of a group or community.
10. To be put at ease.
11. A physical activity that is slower than jogging.
13. To give attention with the ear.
15. Upset.

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# Facilitation Notes

## What to do with this Crossword?

- Photocopy the crossword and distribute to students to complete.

## Tips...

- Keeping mentally healthy involves a range of behaviours that follow the Act-Belong-Commit message.
- **Act** - Stay physically, socially and mentally active. Plant a tree or go for a walk.
- **Belong** - Belonging to a club or a team has great benefits for mental health. Join a net ball or football team, start a book club or join a band.
- **Commit** - Put a little more effort in the things you do. Volunteer for a good cause or help someone less fortunate.



### Answers:

Across: 3. Stress, 4. Commit, 7. Help, 8. Football, 12. Happy, 14. Friend, 15. Share  
Down: 1. Act, 2. Health, 4. Cry, 5. Mentally, 6. Support, 8. Family, 9. Belong, 10. Relief, 11. Walking, 13. Listen, 15. Sad

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