

The Act-Belong-Commit Word Scramble!

Unscramble the words to reveal things that keep you mentally healthy!

NEMLAT _____

NITSEN _____

CAT _____

ASBLTKBELA _____

ICOTMM _____

GHTWIES _____

GOBELN _____

ROTSP _____

LHTYAHEYL _____

NGSI _____

LGAHU _____

ADNCE _____

ELVO _____

TCKSEH _____

TREVEOULN _____

SICUM _____

PLHE _____

RAT _____

RPSTOPU _____

SUREPESR _____

LIESM _____

RESTSS _____



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Facilitation Notes

What to do with this Word Scramble?

- Photocopy the word scramble and distribute to students to complete.
- Once completed, start a discussion on how some of the words in this word scramble are used by the students to Act-Belong-Commit.



Tips...

- Staying mentally healthy involves a range of activities that enables you to Act-Belong-Commit.
- **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.

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