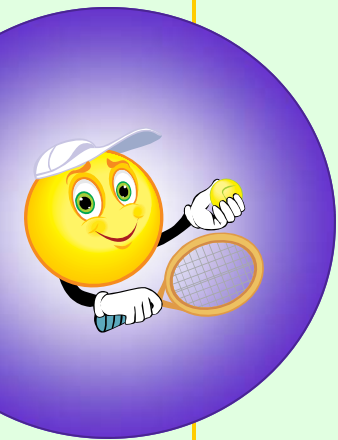


A Mentally Healthy Word Sleuth!

M E M B E R A N X S M I L E P R
E R P H O C T Y H P O V N M Y T
N I E R H L V O T O G N O L E B
T Y P E N T Y R F R I E N D S L
A F L C T I E N S T O O P S X Y
L P L O K N E V E S T R I A L Y
L Y A M P Q U I V A N S P O C I
Y L I M A F A L Y P U O R G E T
A C P I B Y T L O N G C O M M T
X A N T H O W S R V A N C O V G
H E A L T H Y L P S Q V W A N P

**ACT
BELONG
COMMIT
FAMILY
FRIENDS
GROUP
HEALTHY**

**HELP
MENTALLY
MEMBER
SMILE
SPORTS
VOLUNTEER**



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Facilitation Notes

What to do with this Word Sleuth?

- Photocopy the word sleuth and distribute to students to complete.



Tips...

- The words in this word sleuth are some ways people can Act-Belong-Commit to stay mentally healthy.
- **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 netball 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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