



Share Your Why: Passport Edition

Mental Health



Plan, Do, and Reflect on an activity
that includes one or more of the following:

- Gives you tools to cope with stress
- Makes you feel more confident
- Helps you feel more connected with others

Ideas & Activities at
healthylamoillevalley.org/passport



Plan Your Why.

A Mental Health activity that I can do with friends or family is:

When can I do the activity? Day: _____ Time: _____

What needs to happen before I am able to do this activity?



Do Your Why.

The activity I chose: _____



Reflect

What I liked about the activity I chose:

Something I might do differently next time:

Something I learned that will help me manage future stress:

Can we share this activity on our website using your first
name, last initial and grade? **YES NO**

Name: _____ **Grade:** _____

Return this completed sheet to a location listed at
healthylamoillevalley.org/passport



**When all 6 activity sheets are completed and turned in,
email passport@healthylamoillevalley.org**