

Activity 1 Tick ✓ the 2 correct statements about mental health.

- ☐ We all have mental health.
- ☐ Mental health includes our thoughts, and feelings.
- ☐ Mental health is about having no mental health problems.
- ☐ Mental health is feeling very good about ourselves.

Activity 2: Listen to the audio and circle the correct answer.

1. The speaker compares mental health to...
 - A. a game
 - B. a scale
 - C. a map
2. Our mental health can become...
 - A. good or poor
 - B. big or small
 - C. fast or slow
3. What can change our mental health?
 - A. School
 - B. What's going on in our lives
 - C. Our family
4. Challenges can...
 - A. come and go over time
 - B. stay for a short or a long time
 - C. never change
5. How can challenges make us feel?
 - A. Ecstatic and tired
 - B. Furious and overwhelmed
 - C. Stressed, sad, worried or lonely

Activity 3: Match the sentence halves

Listen and match the two parts of each sentence.

Beginning

Ending

- | | |
|-----------------------------------|----------------------------------|
| 1. Mental health difficulties... | a. is personal and unique. |
| 2. Support... | b. can help us cope. |
| 3. Mental health... | c. makes it easier to seek help. |
| 4. Talking about mental health... | d. rarely has just one cause |

