

Helping Heart

To help myself I can...

To help others I can...

Key Words

mental health, positive
impact, share, talk, kindness,
exercise, friend, support,
express, individual, unique

Helping Heart

Write at least two sentences describing things you could do to help yourself think and feel positively. Write at least two sentences describing things you could do to help others think and feel positively. Illustrate your ideas.

The image shows a large heart shape divided into two halves by a vertical line. The left half is labeled "Myself" and the right half is labeled "Others". This is a template for writing and illustrating ideas for helping oneself and others.

Helping Heart

Write at least three sentences describing things you could do to help yourself think and feel positively. Write at least three sentences describing things you could do to help others think and feel positively. Illustrate your ideas.

The image shows a large heart shape divided into two equal halves by a vertical line. The left half is labeled "Myself" and the right half is labeled "Others". The heart is outlined in a thick black line. The text "Myself" is positioned at the top of the left half, and "Others" is positioned at the top of the right half. The interior of the heart is blank, intended for writing and drawing.