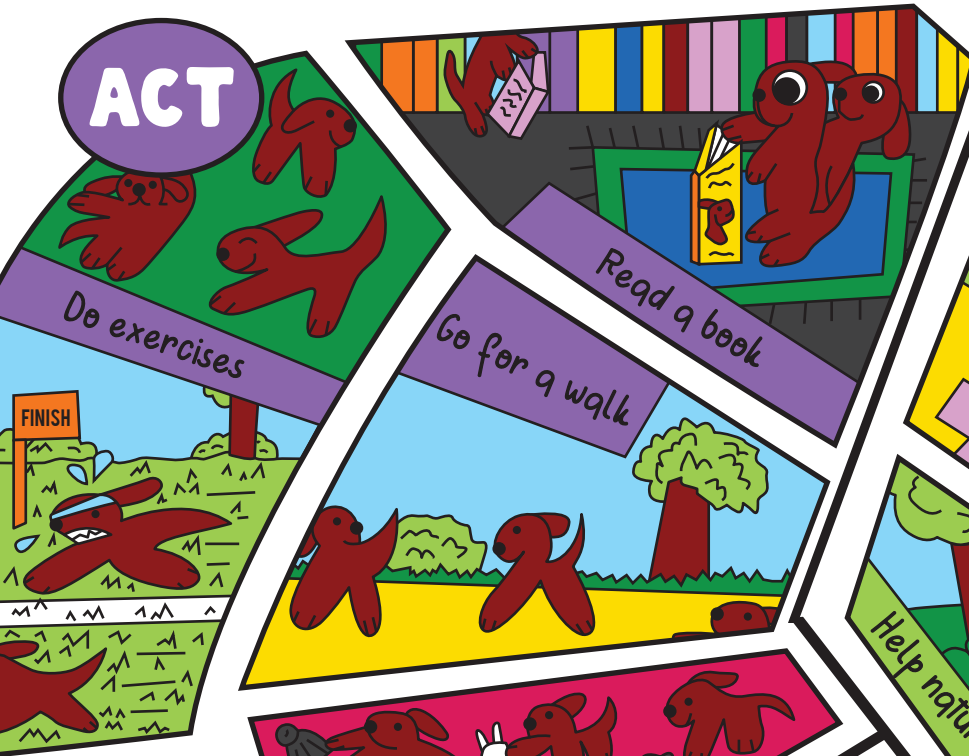# Keeping mentally healthy!

You could:
Try to drink 3 litres
of water a day
Have one hour of screen
time, after get outside
and do exercises
Be a thoughtful fit person

You could:
Say hi to new people
Plant or water trees
Reuse or repair plastic
Reuse water
Walk or ride your bike instead
of driving your car

ACT

Do exercises

FINISH

Read a book

Go for a walk

BELONG

Greet people

Reuse plastics

Tell on bad behavior

Psst psst

Help nature

Pick up rubbish

You could:
Reuse plastic bags
Repair broken stuff
Sign in for sport
or fitness classes

COMMIT

Achieve goals

Accept apologies

You could:
Write a document
about how to take
care of the
Earth and nature

2+3>
1
3

您好!

안녕!

Привет!

Learn new things

You could:
Learn new language
Try new and interesting foods
Learn tricks for fun!

Try new foods

You could:
Play a new sport
Play a musical instrument

Original artwork by **Maeve Mathewson** from Bannister Creek Primary School

actbelongcommit.org.au