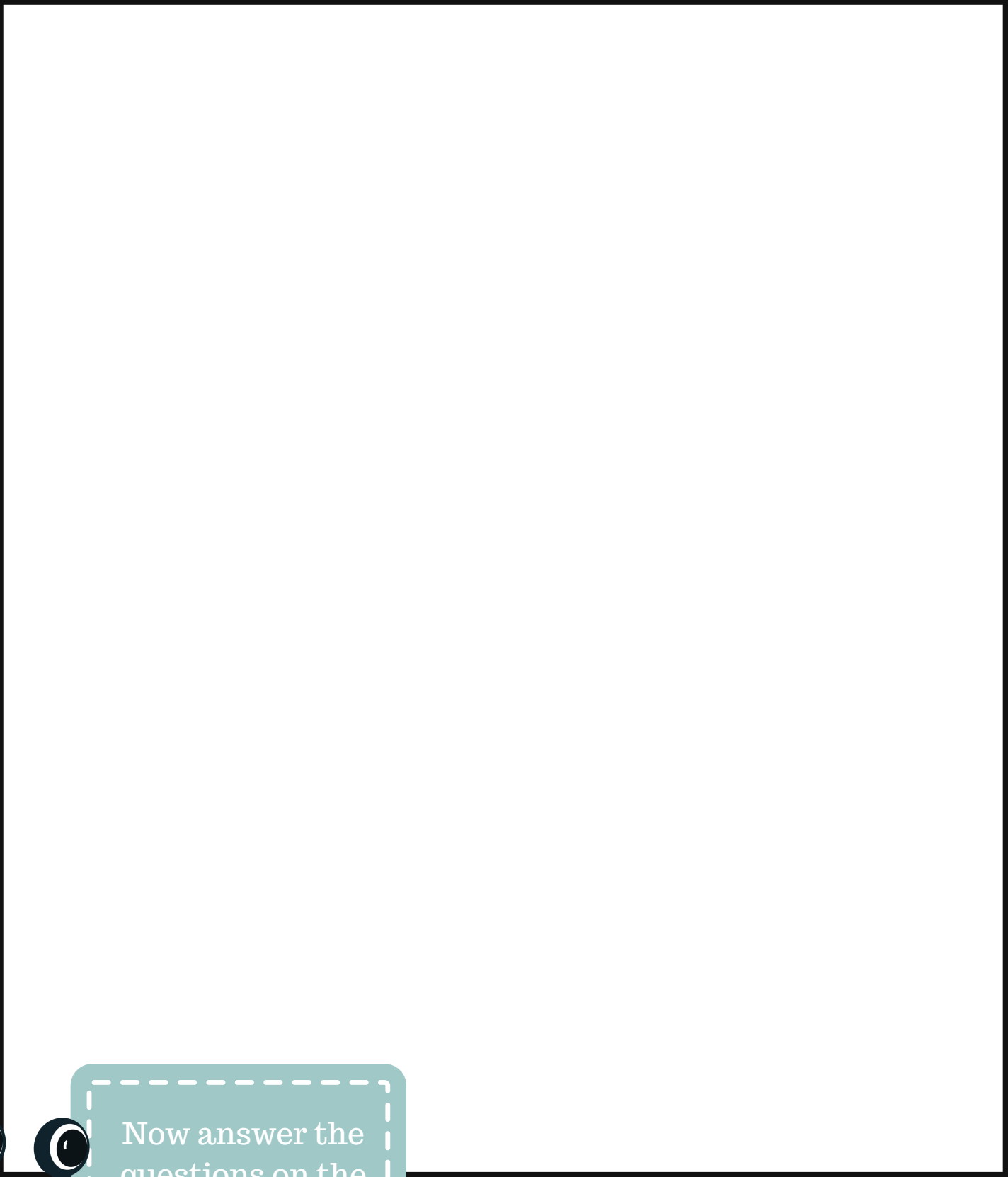


Draw a mental health monster!



Now answer the
questions on the
next page



What is the name of your monster?

How is your monster feeling today?

Why is your monster feeling this way?

What makes your monster happy?

What makes your monster sad?

What makes your monster feel calm?

Can you describe your monster in 3 words?

Can you go back and answer these questions about yourself?

