

Supporting the emotional wellbeing of young people

How do we make smart changes?

What type of family activities are important for good mental health?

How do we change the way our children behave?

How do we build resilience?

What do we need to be mentally healthy?

Session 2

Under which conditions do we thrive?



What outside factors influence this?



What internal factors influence this?

Think back over the last week. Make a list of all of the activities that you did with your family. When you've done that put a letter by any that made you more **APE!**

Achievement, People or Enjoyment.

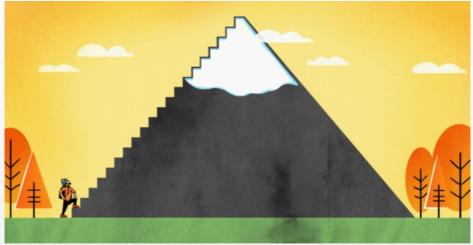
Rate your mood before and after taking part in the activity.



	(1)		(1)	
Before				
After				

My Action Plan





7	3 3	学事
Step 1		
Step 2		
Step 3		
Step 4		
Step 5		