Colour and cut out the MHL characters to decorate your journal or make DIY stickers (if you want).
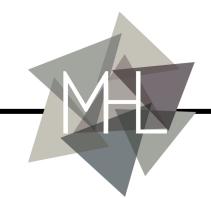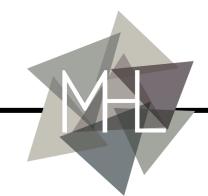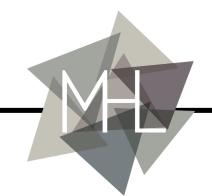
I LEARNED, I NOTICED, I WONDERED...

Think about your emotions today. What words can you use to describe some of your different feelings? Make a list or map of feeling words that you could use to describe your day.
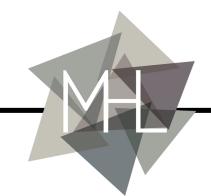
I LEARNED, I NOTICED, I WONDERED...

Write a definition of mental health. Does anything about the definition of mental health surprise you?
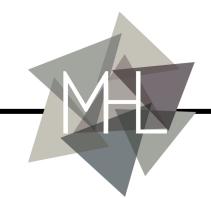
I LEARNED, I NOTICED, I WONDERED...

Review the definition of mental health you wrote down earlier. Would you change your definition based on what you've learned? How is it different? In what ways is it the same?
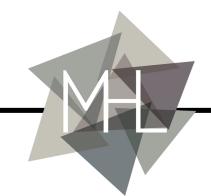
I LEARNED, I NOTICED, I WONDERED...

What did you learn about each character? What surprised you? Which character(s) do you feel most curious about? Who would you like to get to know better?
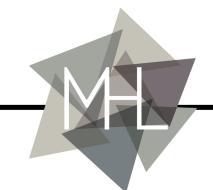
If you were Angela, what concerns would you have? What might you want from your friends? How could a teacher support you? What would you need to feel safe and included?
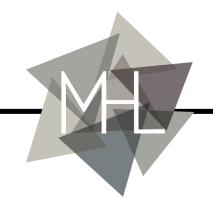
I LEARNED, I NOTICED, I WONDERED...

Can you draw the brain with its different lobes? What is something you didn't know about the brain before you did this activity?
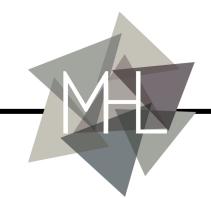
I LEARNED, I NOTICED, I WONDERED...

Thinking about the other MHL characters, what are some ideas of how you imagine their brains may change or adapt as they grow up? What skills will they develop?
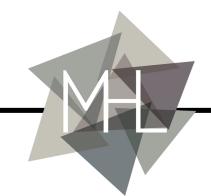
I LEARNED, I NOTICED, I WONDERED...

Why is it important to have factual information about mental disorders?
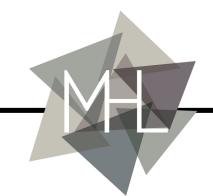
I LEARNED, I NOTICED, I WONDERED...

Imagine you are one of the characters. What signs or symptoms of their disorder might show up at school? With friends? With family? (Hint: 'signs' are what others can see / what a video camera would pick up. 'Symptoms' are what someone feels inside).
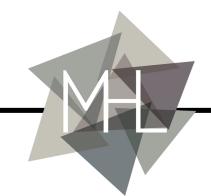
I LEARNED, I NOTICED, I WONDERED...

What are the signs and symptoms of each disorder? What helps? How can you be helpful to someone who has this disorder? (Hint: 'signs' are what others can see / what a video camera would pick up. 'Symptoms' are what someone feels inside).
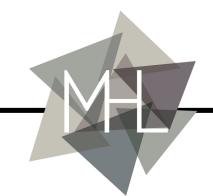
Who are your trusted support people? Which friends can you go to for help? Which trusted adults would you feel comfortable approaching for help? Which professional helpers are in your school?
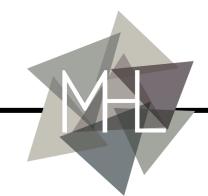
I LEARNED, I NOTICED, I WONDERED...

Who are the helpers for each of the MHL characters? What do the various helpers do?
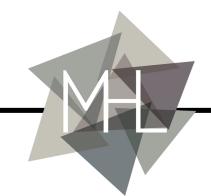
I LEARNED, I NOTICED, I WONDERED...

When have you asked for help in your life? Was it hard or easy? When have you surprised yourself by solving a problem? When have you been a helper?

I LEARNED, I NOTICED, I WONDERED...

When has stress been helpful in your life? What are your coping strategies to help you face a stressor? How do you know when a stressor is too big to handle alone and you need support?

I LEARNED, I NOTICED, I WONDERED...

How did each of the characters experience the stress response in their body? How is this similar or different from the ways you experience the stress response?

I LEARNED, I NOTICED, I WONDERED...

Is it easy to embrace The Big 5? Why or why not? How are you able to include The Big 5 in your life? What ideas for The Big 5 did you learn from the characters in the video?