



My MHL Journal Cover



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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?

