
My MHL Journal Cover



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



I LEARNED, I NOTICED, I WONDERED...

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?

