



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...

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?

