

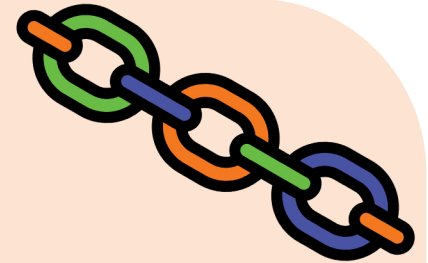
Mental Health Week

Paper Chains of Appreciation

The little things that we appreciate can have a big positive impact on our mental health and wellbeing.



Instructions



1. Download and print the template onto coloured paper (page 2 for A4, page 3 for A3), then cut it into strips.
2. Supply pens and markers for people to write (or draw) their responses on the paper strips.
3. Staple each strip to become a link in your paper chain!



A little thing I appreciate is...



A little thing I appreciate is...



A little thing I appreciate is...



A little thing I appreciate is...



A little thing I appreciate is...



A little thing I appreciate is...



A little thing I appreciate is...



A little thing I appreciate is...