

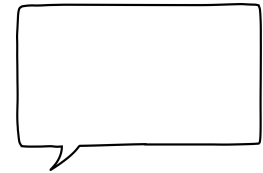
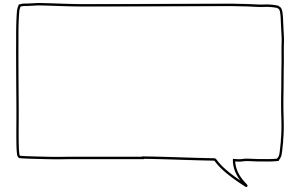
Name: _____



Living happy lives

Task A: What does it mean to be mentally healthy?

Explain to your partner what it means to be mentally healthy.



Task B: What makes me feel happy?

Create a poster of all the different things that can make people feel happy in their lives.

In your poster, try to include:

- three different things that make people happy
- one example of how meeting basic needs helps happiness
- pictures to illustrate your ideas

