



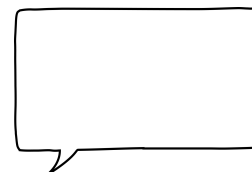
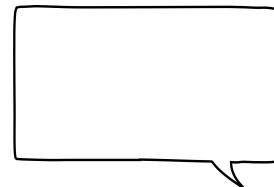
Living happy lives

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

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

Your answer could include:

*Being mentally healthy means that we feel all **emotions** but we are able to return to feeling happy. It does not mean that we are happy all the time, but that we are able to cope with strong **emotions** and know what to do to feel better again. People who are mentally healthy are able to do everyday things, like go to work and look after their bodies.*



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

Your poster could look like this:

What can make people feel happy in their lives?

Doing things that they enjoy and that they are good at.



*Looking after their **physical** health, such as eating a balanced diet and exercising.*

Surrounding themselves with people who care and support them, such as friends and family.



Having their basic needs met first, like having enough food and feeling safe.

