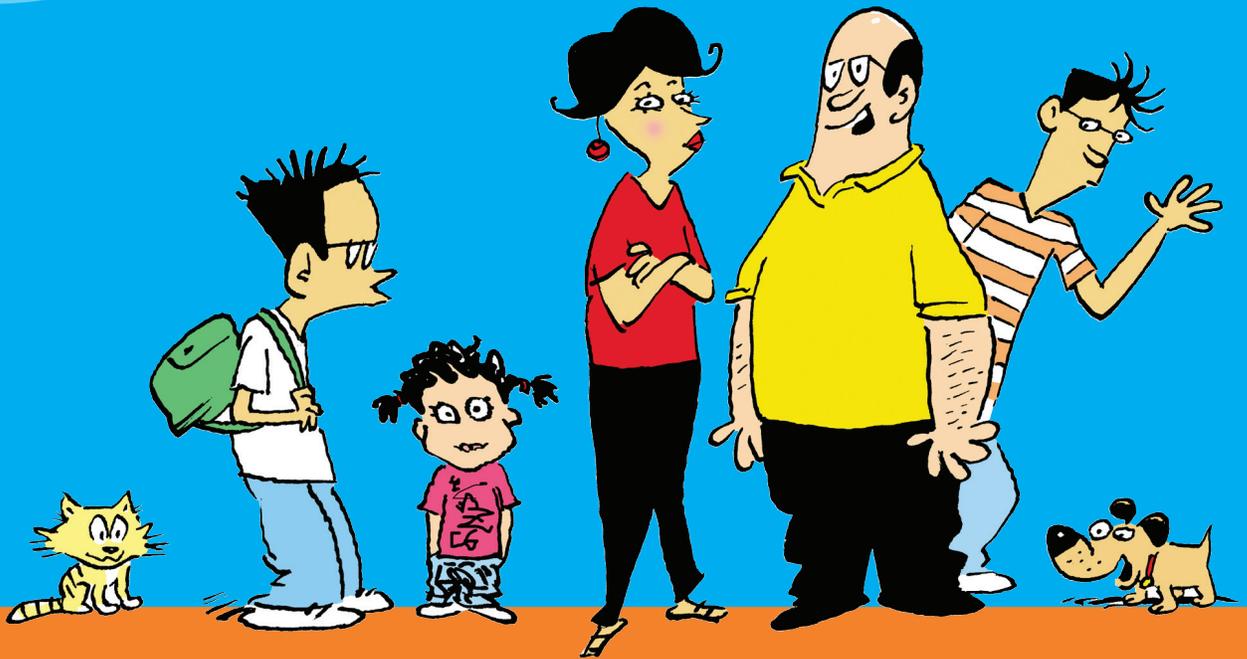


# Mental Health Kit

*Be Kind to Yourself  
and Others*



An activity kit to help teach students  
in Grade 7 to 9 about mental wellness

