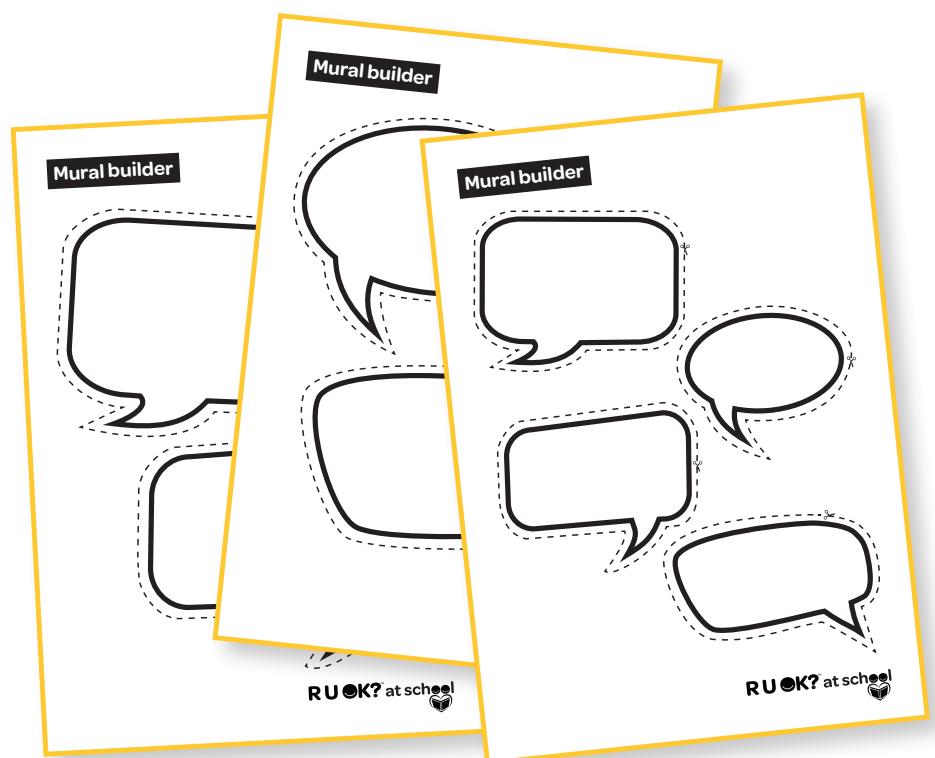


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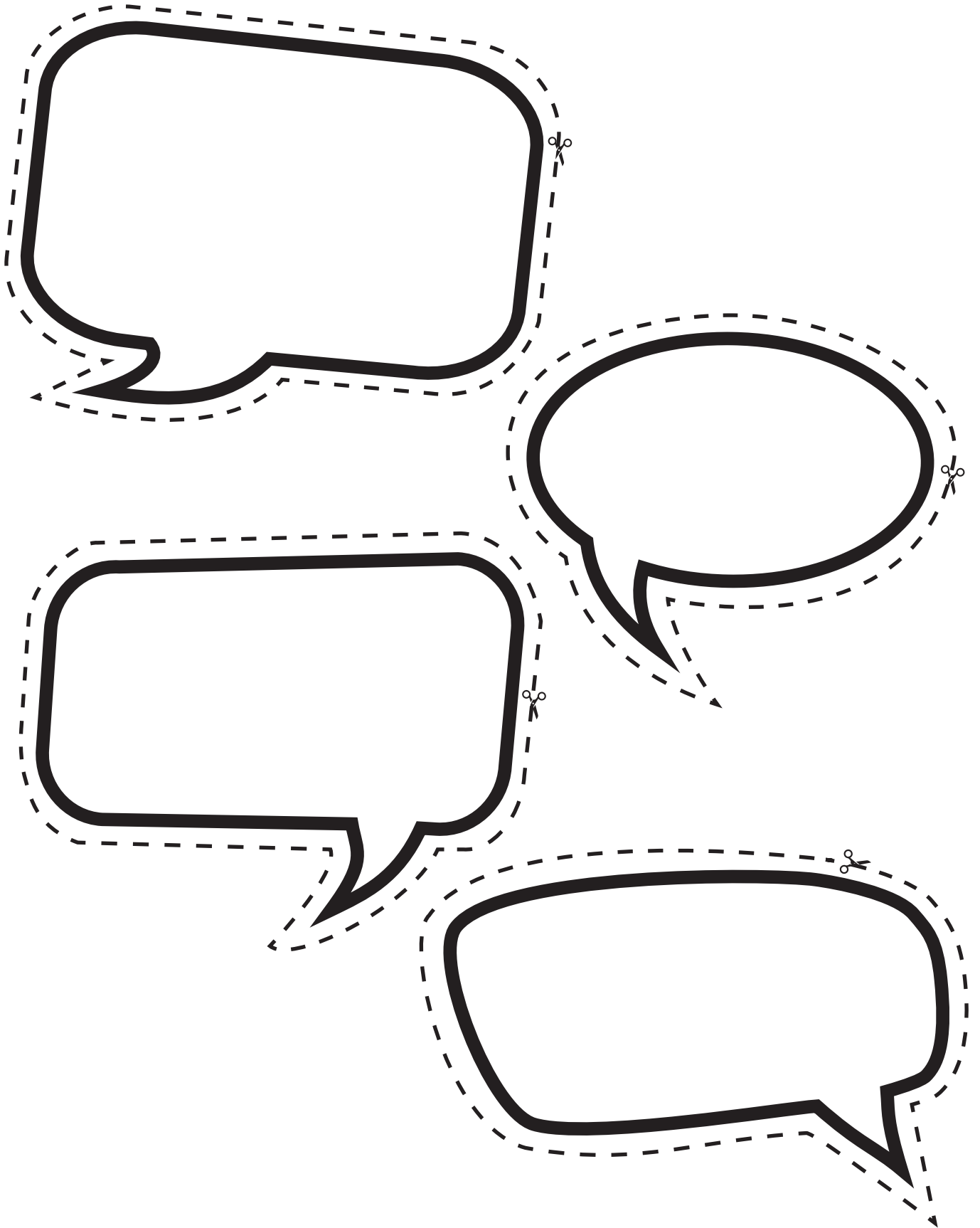
Murals are a great way to start conversations and create a visual reminder for an idea or focus concept. Use these templates to create an R U OK? mural in an open, visible space in your environment and leave it displayed beyond R U OK?Day.

INSTRUCTIONS

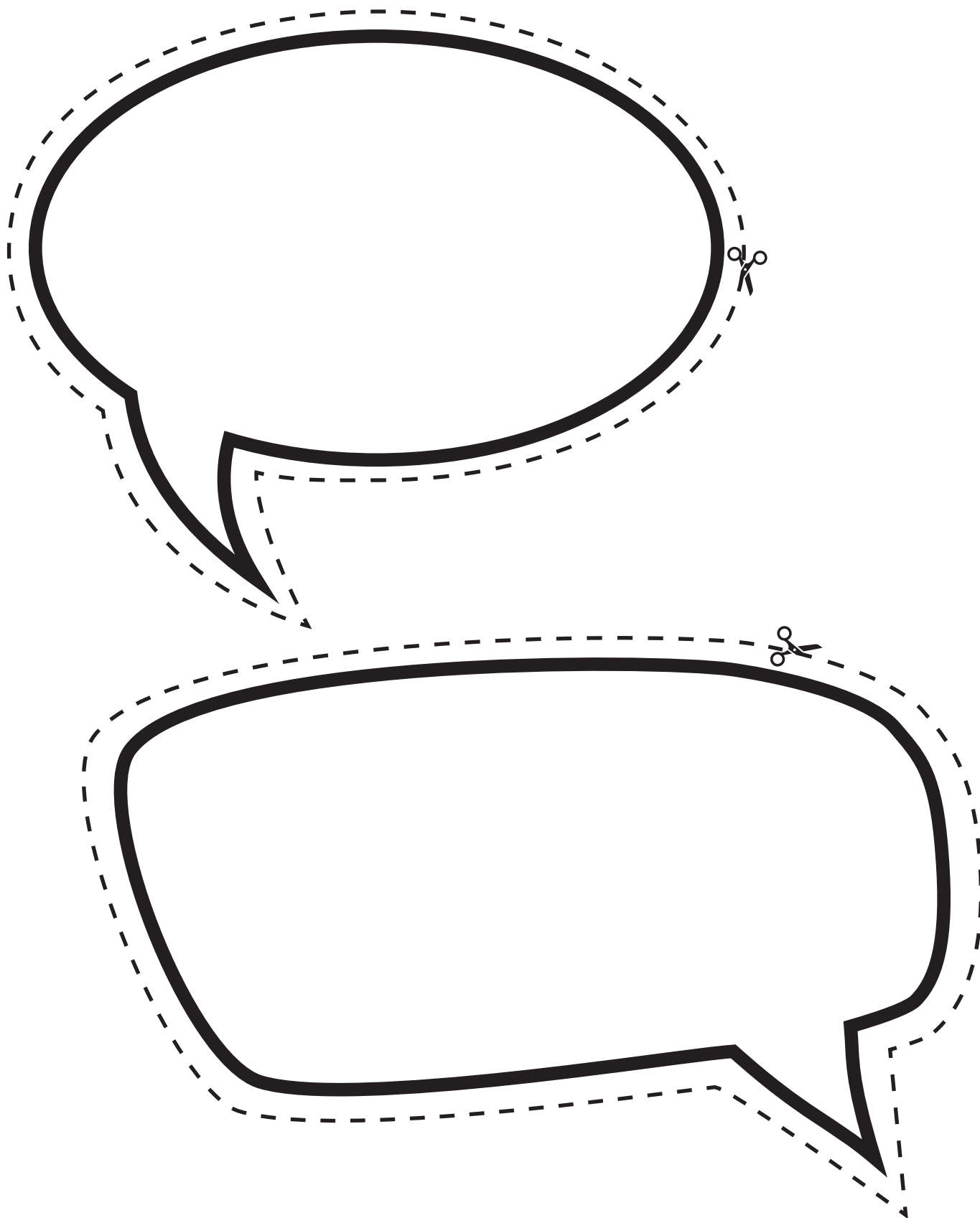
- Select an open wall space. This could be an external wall, large window area, shared internal space, or a noticeboard area.
- Select one of the idea starters below (or come up with your own!)
 - How can you make asking R U OK? part of your everyday?
 - How do you ask R U OK?
 - Who will you ask?
- Create a heading or place in the centre. Remember - this will be read from a distance so use large letters and consider the font and colour.
- Ask members of your community, workplace or school to answer your chosen question
- Ask participants to write their answers on post-it notes or use the attached templates to display answers. You can trace the templates onto the wall or stick them on using double sided tape.



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