



Share Your Why: Passport Edition

Mental Health



Plan, Do, and Reflect on an activity
that includes one or more of the following:

- Gives you tools to cope with stress
- Makes you feel more confident
- Helps you feel more connected with others

Ideas & Activities at
healthylamoillevalley.org/passport



Plan Your Why.

A Mental Health activity that I can do with friends or family is:

When can I do the activity? Day: _____ Time: _____

What needs to happen before I am able to do this activity?



Do Your Why.

The activity I chose: _____



Reflect

What I liked about the activity I chose:

Something I might do differently next time:

Something I learned that will help me manage future stress:

Can we share this activity on our website using your first
name, last initial and grade? **YES NO**

Name: _____ **Grade:** _____

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Physical Well-Being

Plan, Do, and Reflect on an activity
that includes one or more of the following:

- Being active
- Taking care of your body
- Making and eating healthy food

Ideas & Activities at
healthylamoillevalley.org/passport



Plan Your Why.

A Physical Well-Being activity that I can do with friends or family is:

When can I do the activity? Day: _____ Time: _____

What needs to happen before I am able to do this activity?



Do Your Why.

The activity I chose: _____



Reflect

What I liked about the activity I chose:

Something I might do differently next time:

One thing I will do every week to keep my body healthy:

Can we share this activity on our website using your first
name, last initial and grade? **YES NO**

Name: _____

Grade: _____

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Self-Expression

Plan, Do, and Reflect on an activity
that includes one or more of the following:

- Doing something creative or artistic
- Expressing your feelings
- Making something

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Plan Your Why.

A Self-Expression activity that I can do with friends or family is:

When can I do the activity? Day: _____ Time: _____

What needs to happen before I am able to do this activity?



Do Your Why.

The activity I chose: _____



Reflect

What I liked about the activity I chose:

Something I might do differently next time:

How I feel when I create something or express myself:

Can we share this activity on our website using your first name, last initial and grade? **YES NO**

Name: _____ **Grade:** _____

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Resourcefulness

Plan, Do, and Reflect on an activity
that includes one or more of the following:

- Learning a new skill or subject
- Learning how to be more independent
- Solving a problem or challenging situation

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Plan Your Why.

A Resourcefulness activity that I can do with friends or family is:

When can I do the activity? Day: _____ Time: _____

What needs to happen before I am able to do this activity?



Do Your Why.

The activity I chose: _____



Reflect

What I liked about the activity I chose:

Something I might do differently next time:

What is another resourcefulness activity I might plan to do for myself (and others)? _____

Can we share this activity on our website using your first name, last initial and grade? **YES NO**

Name: _____ **Grade:** _____

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Community Connections

Plan, Do, and Reflect on an activity
that includes one or more of the following:

- Attending a community event
- Meeting new people
- Finding something new to do in your community

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Plan Your Why.

A Community Connections activity that I can do with friends or family is:

When can I do the activity? Day: _____ Time: _____

What needs to happen before I am able to do this activity?



Do Your Why.

The activity I chose: _____



Reflect

What I liked about the activity I chose:

Something I might do differently next time:

One or more important resource in my community I would like to check out or learn more about: _____

Can we share this activity on our website using your first name, last initial and grade? **YES NO**

Name: _____ **Grade:** _____

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Volunteering

Plan, Do, and Reflect on an activity that helps people and/or your community. Here are some examples:

- Green up your community
- Help a neighbor with a chore
- Volunteer at local food shelf

Ideas & Activities at
healthylamoillevalley.org/passport



Plan Your Why.

A Volunteer activity that I can do with friends or family is:

When can I do the activity? Day: _____ Time: _____

What needs to happen before I am able to do this activity?



Do Your Why.

The activity I chose: _____



Reflect

What I liked about the activity I chose:

Something I might do differently next time:

Helping someone and/or my community make me feel:

Can we share this activity on our website using your first name, last initial and grade? **YES NO**

Name: _____ **Grade:** _____

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