



# How I Do My A-B-C!

Name: \_\_\_\_\_

	Daily	Weekly	Monthly
<b>Act</b>			
<b>Physically</b>			
<b>Mentally</b>			
<b>Socially</b>			
<b>Belong</b>			
<b>Commit</b>			

[www.actbelongcommit.org.au](http://www.actbelongcommit.org.au)

# Facilitation Notes

## What to do with this Activity?

- Photocopy this activity and distribute to class.
- At the completion of this activity, hold a discussion to allow the students to share how they keep mentally healthy by following Act-Belong-Commit.



## Tips...

- Keeping mentally healthy is as simple as following the three simple steps of Act-Belong-Commit.
- **Act** - Stay physically, socially and mentally active. It's easy to act; plant a tree or go for a walk.
- **Belong** - Belonging to a club or a team has great benefits for mental health. Students can belong by joining a sports team or starting a band.
- **Commit** - Put a little more effort in the things you do. Helping out a friend is a good way for students to commit.