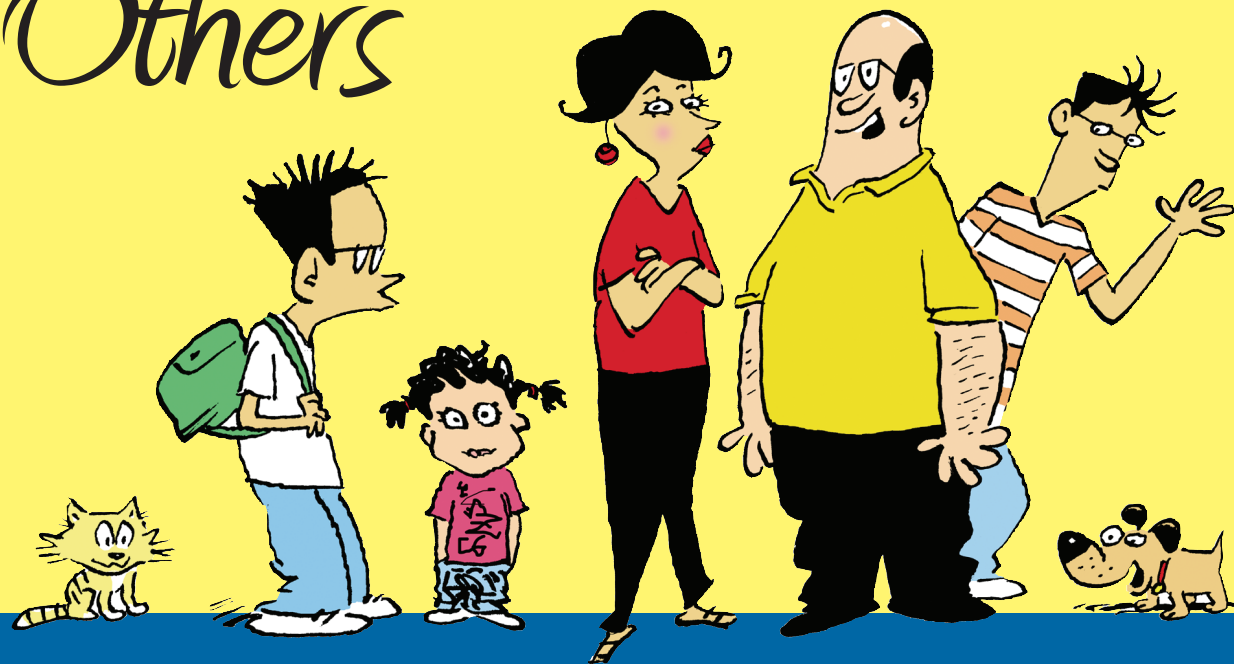


# Mental Health Kit

*Be Kind to Yourself  
and Others*



An activity kit to help teach students  
in Grade 4 to 6 about mental wellness

