

FOOD & NUTRITION

WHAT DID YOU EAT DURING THE DAY?
DID YOU REMEMBER TO SNACK?
WHO DID YOU ENJOY YOUR MEALS WITH?
DID YOU EAT LEISURELY OR WERE YOU IN A RUSH?

SLEEP & REST

DID YOU SLEEP WELL?
WHAT TIME DID YOU GO TO BED?
DID YOU WAKE UP REFRESHED?
DID YOU HAVE TIME TO RELAX AND REST?



RELATIONSHIPS AND EMOTIONS



HOW WAS YOUR MOOD TODAY?

WHAT MADE YOU HAPPY OR SAD?

DID YOU TELL SOMEONE ABOUT YOUR EMOTIONS?

WHO DID YOU MEET TODAY?

WHAT WILL YOU DO WITH YOUR FAMILY?

EXERCISE and moving together



DID YOU CLIMB, RUN, CRAWL, DANCE OR JUMP TODAY?

WHAT IS THE BEST KIND OF EXERCISE?

WOULD YOU LIKE TO LEARN A SOMERSAULT?

HOW DOES EXERCISE MAKE YOU FEEL?

HAND OF MENTAL HEALTH

PLAYING AND CREATIVITY

DID YOU DO SOMETHING CREATIVE? WHICH FUN THINGS DID YOU DO TODAY?
WHAT IS BEAUTIFUL IN YOUR EYES? WHAT KINDS OF STORIES DO YOU LIKE?

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Erätyöryhmä ja
Mielenterveysseura FI