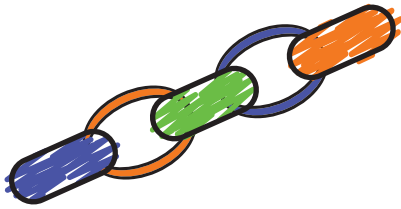


# Mental Health Week

## Appreciate the little things



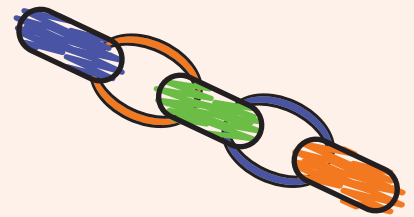
### Paper Chains of Appreciation



This Mental Health Week we are asking Tasmanians about the little things they appreciate.

These little things we appreciate can have a big positive impact on our mental health and wellbeing.

### Instructions



1. Download and print the template onto coloured A3 or A4 paper, then cut it into strips.
2. Supply pens and markers for people to write (or draw) their responses on the paper strips.
3. Staple each strip to become a link in your paper chain!





**A little thing I appreciate is...**



**A little thing I appreciate is...**



**A little thing I appreciate is...**



**A little thing I appreciate is...**