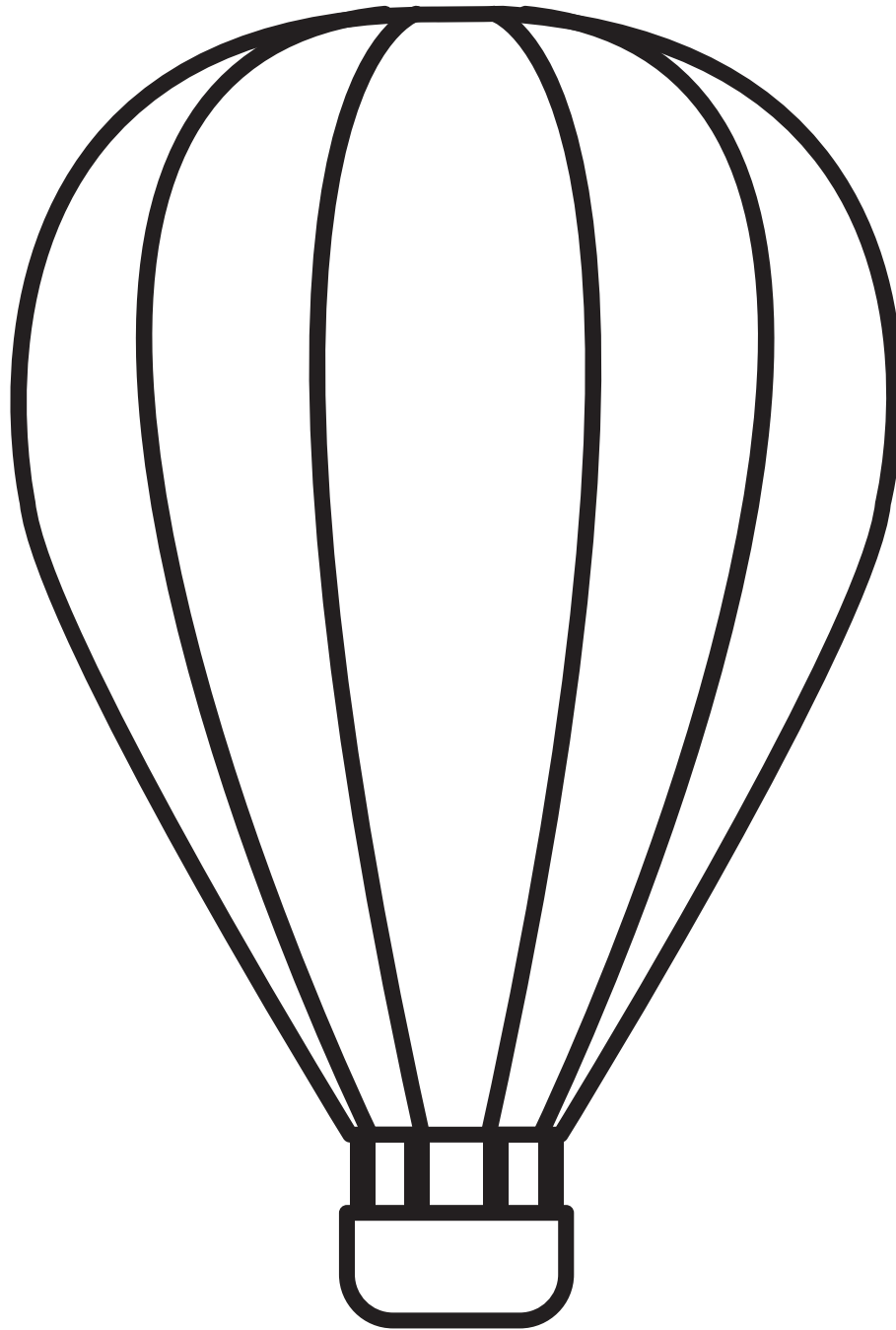


# Children's Mental Health Week: Creating Support Balloons!



## Steps:

1. Write your name in the basket.
2. Colour in the five segments of the hot air balloon - try to do a different colour for each!
3. Then, write the name of people who have helped you grow or lift you up inside the segments. If you're stuck, answer these questions...

Who do you ask for help?

Who has helped you try something new?

This might be parents, carers, friends, teachers, family members, pets or anyone else!