



Mentally Healthy - Example Planner

This (year/month/week) I plan to be more active by

By doing this I will feel

Because

Act

*Going for walks daily
Helping dad/mum with the gardening
Cycling to school
Reading a new book each month*

*Peaceful
Relaxed
Energised
Accomplished*

*I set a goal and stuck to it
I spent less time on the computer
Spent more time with mum/dad*

This (year/month/week) I plan to belong more by

By doing this I will feel

Because

Belong

*Joining the school netball team
Planning to go bowling with friends*

*Productive
Helpful
Determined*

*I made new friends
Spent more time with people I love
Contributed my ideas and helped others*

This (year/month/week) I plan to commit to

By doing this I will feel

Because

Commit

*Tutoring my brother/sister/friend
Running for or helping the school committee
Doing my chores without being asked
Helping my dad where he volunteers*

*Useful
Productive
A sense of purpose and meaning*

*Independent
Organised
Resilient
I helped someone who needed it
Learnt something new and reached a goal*



Interested in supporting or working with the Valuing Children Initiative?

Contact us at info@valuingchildreninitiative.com.au

valuingchildreninitiative.com.au or follow us on Facebook, LinkedIn & Instagram



Inspired & approved by

act belong commit

Date _____



Mentally Healthy Planner

Name _____

This _____ I plan to be more active by

By doing this I will feel

Because

Act

This _____ I plan to belong more by

By doing this I will feel

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Belong

This _____ I plan to commit to

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Because

Commit



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