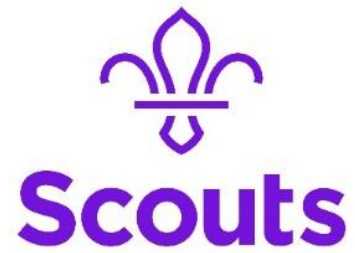


Activity four: learn more



Evaluation postcards

Time 45 minutes

You will need

Blank postcards
Colouring pens and pencils
Decorations such as stickers.

Make postcards

1. The person leading the activity should give everyone a postcard.
2. Everyone should decorate their postcard to show what they did to take action.
3. On the other side of their postcard, everyone should write one thing they've learned about mental health so far, and one thing they've going to do as a result of what they've learned.
For example, someone might have learned that everyone has mental health, so they might ask other people how they feel. Someone else might've learned about things they can do to boost their mood, and they might make a mental health first aid kit to give to a friend.
4. Everyone should put their names on their postcards and the person leading the activity should collect them all.

Get the postcards back

1. In a few weeks, the person leading the game should give everyone their postcards back.
2. Everyone should think back to the session and think about whether they achieved what they set out to do.