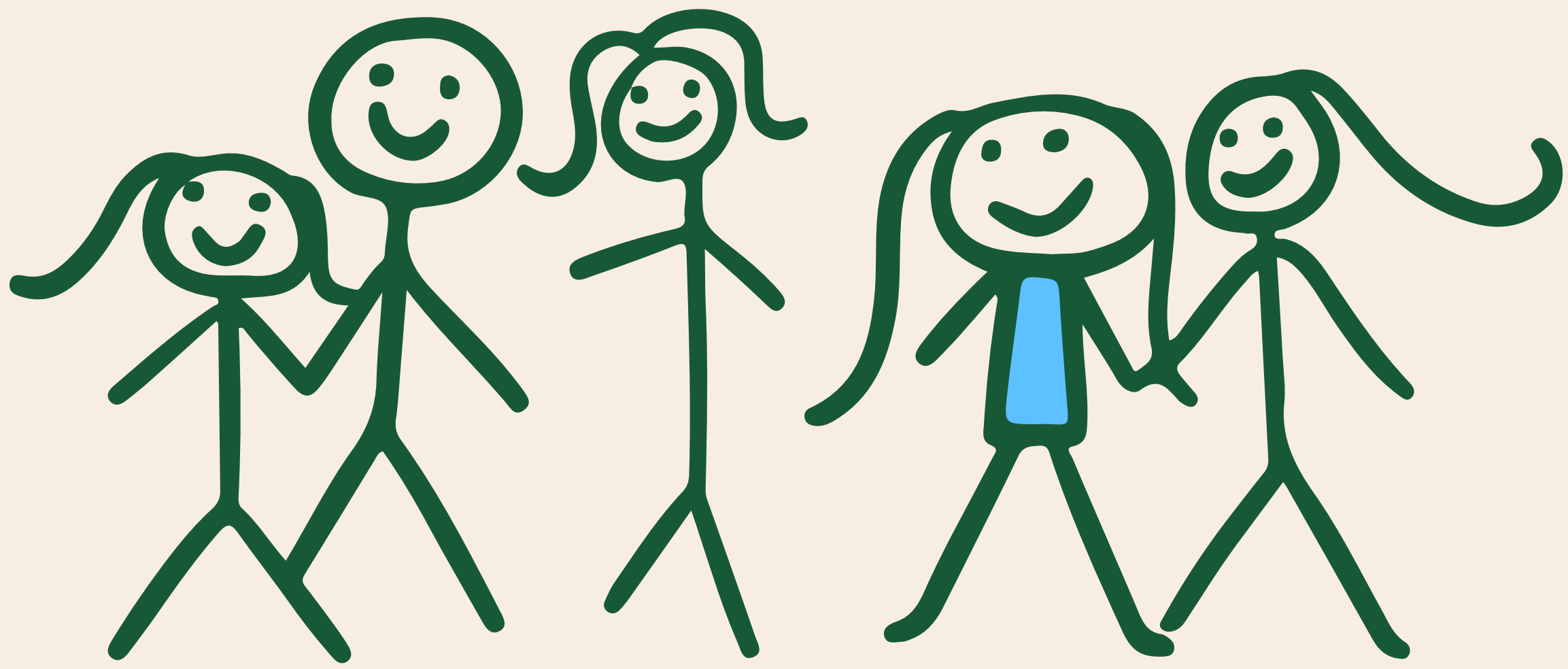
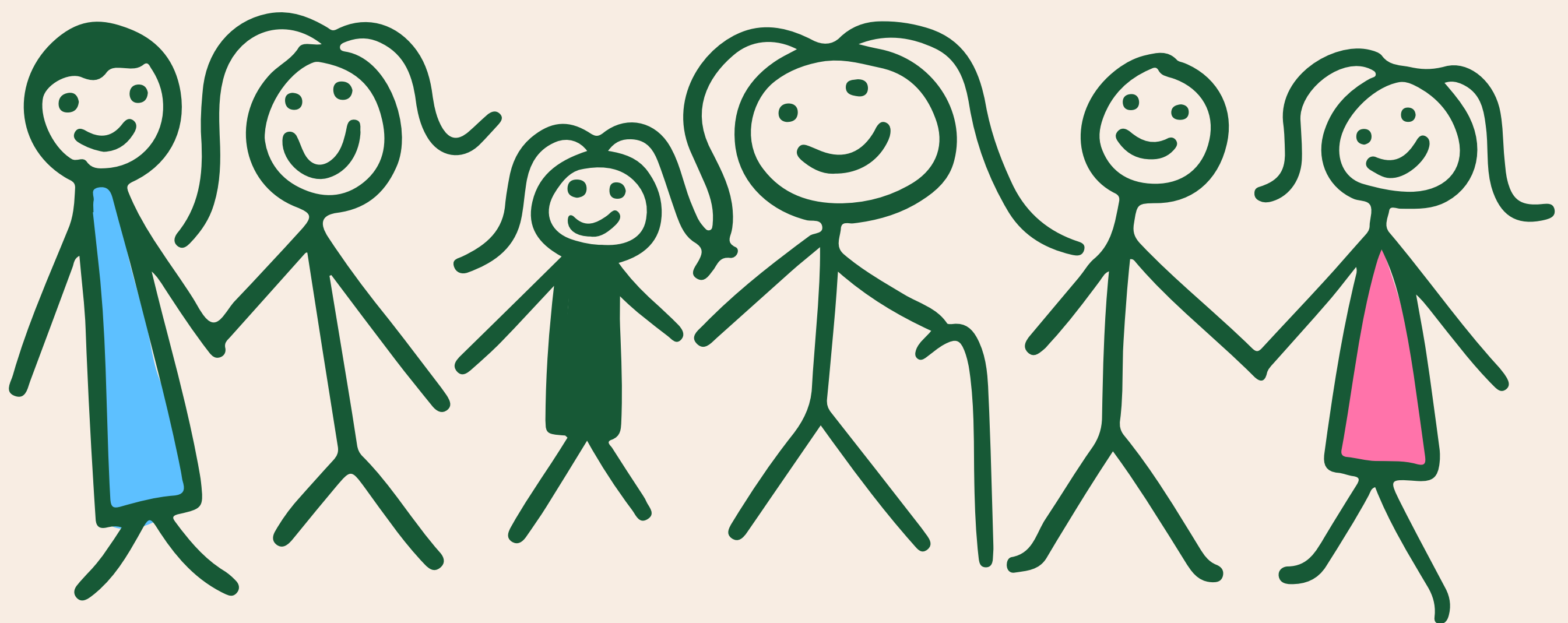
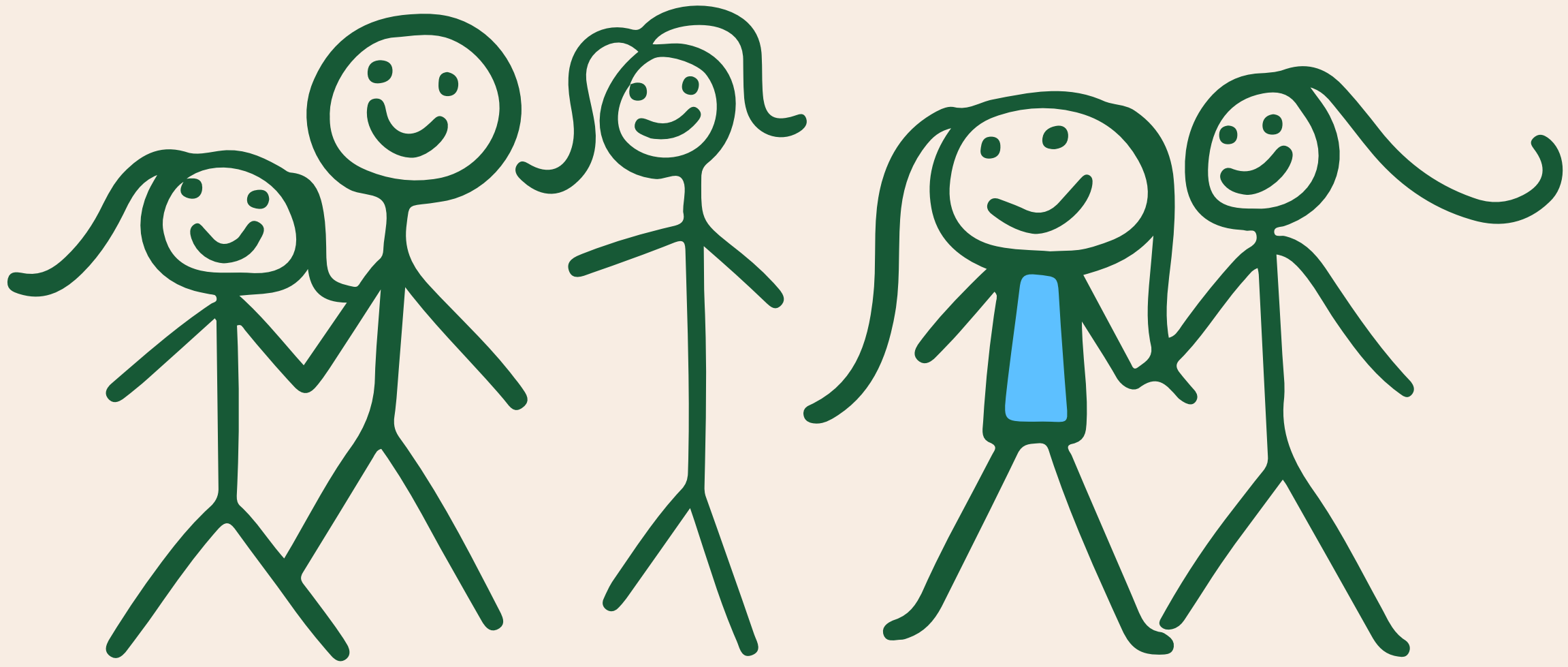




Mandela Day 2026

COMMUNITY STARTS AT HOME





Resource Pack

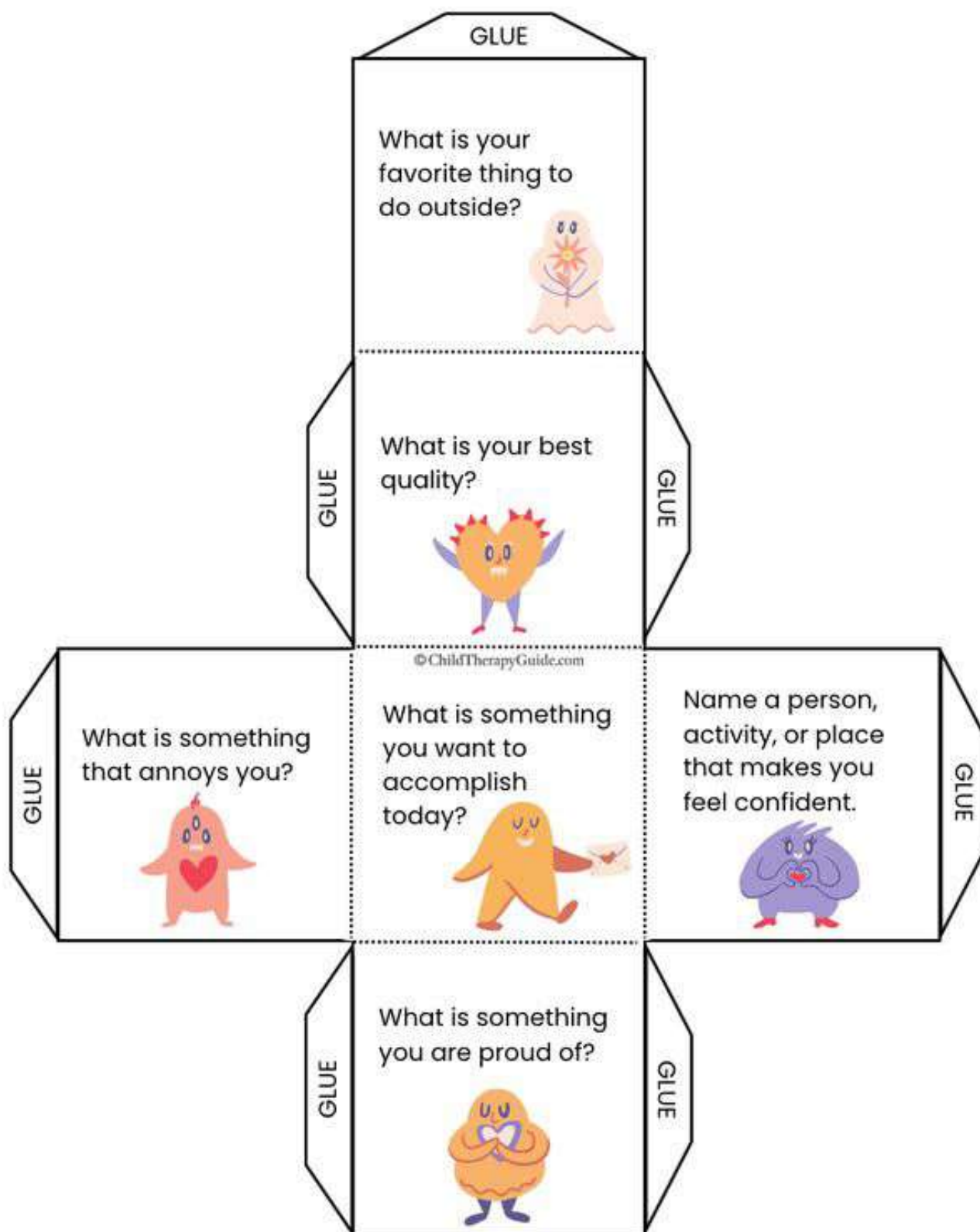
- *WHO-5 QUESTIONNAIRE*
- *CONVERSATION CUBE*
- *LET'S TALK SPEAKING GAME*
- *I AM GRATEFUL FOR*
- *A PEAK INSIDE MY MIND*
- *THE FEELINGS FOREST*
- *MY HAPPY PLACE*
- *EMOTIONS WORD SEARCH*
- *THERAPEUTIC COLOURING*

“How are you?”



Over the past two weeks ...	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
I have felt cheerful and in good spirits						
I have felt calm and relaxed						
I have felt active and vigorous						
I woke up feeling fresh and rested						
My daily life has been filled with things that interest me						

Print, Cut, & Fold Conversation Cube



ROLL
the dice
and
TALK!

Let's Talk!

SPEAKING GAME

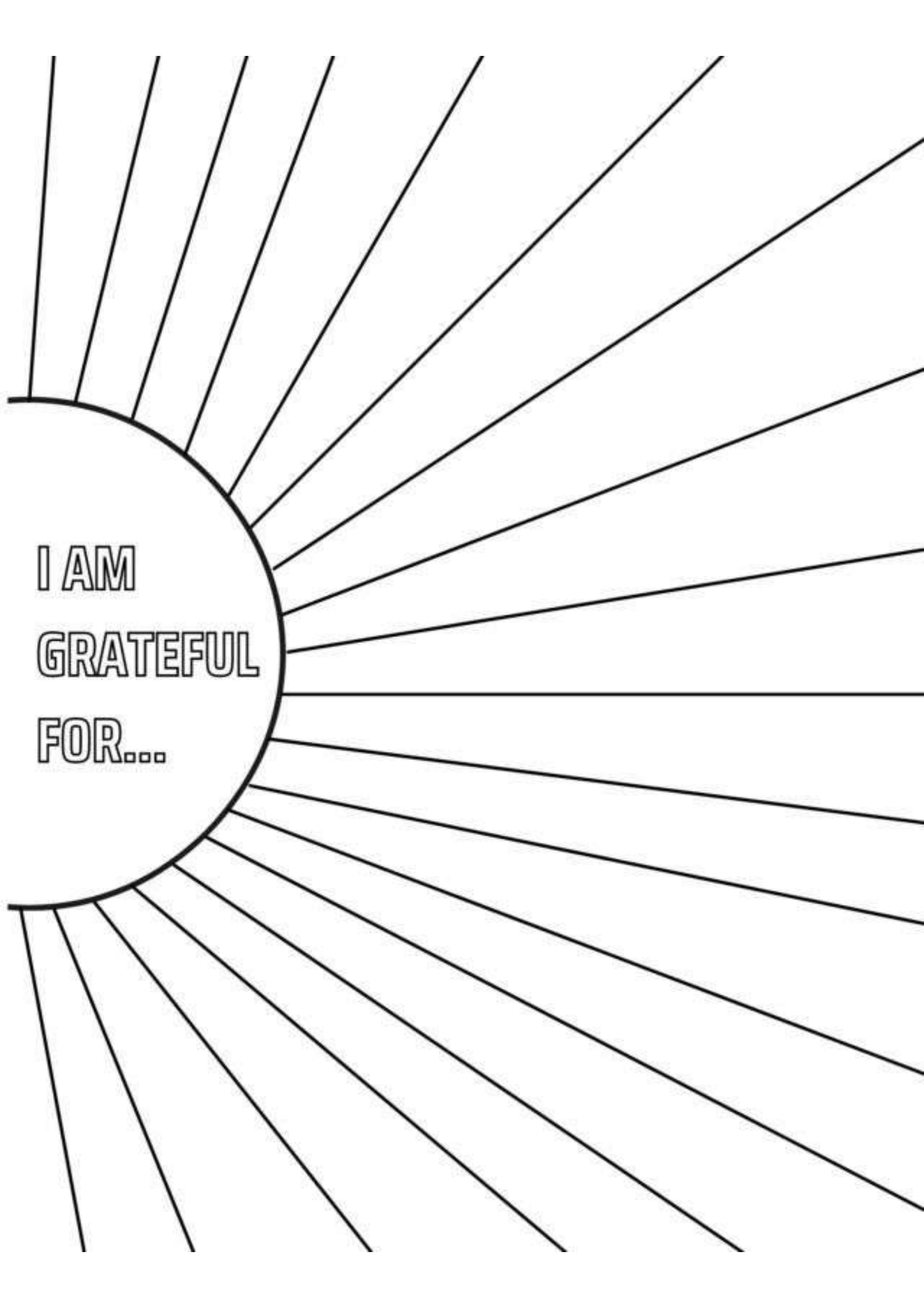
SHARE
LISTEN
ENJOY!



	ASK ANY QUESTION TO THE GROUP! ✨	Talk about your family. ♡	Talk about your hobbies. ✎	Talk about your best friend. ♡ ♡	Talk about your favorite TV series. 📺	Talk about your job or a job you want. 💼
	Talk about your favorite food. 🍏	Talk about your favorite sport. ⚽	Talk about something you don't like to do. ✕	ASK ANY QUESTION TO THE GROUP! ✨	Talk about your favorite type of movie. 🎬	Talk about something you like to read. 📖
	Talk about what you do after English class. ✎ ♡	Talk about your favorite animal. 🐾	Talk about your favorite restaurant. 🍴	Talk about the city you come from. 🏙️	Talk about your favorite singer. 🎤	ASK ANY QUESTION TO THE GROUP! ♡
	Talk about your morning routine. ☀️	ASK ANY QUESTION TO THE GROUP! ✨	Talk about what you do on the weekends. 📅	Talk about what you eat for breakfast. 🍲	Talk about the city you live in. 📍	Talk about what you usually eat for lunch. 🍔
	Talk about what you do in the evening. 🌙	Talk about your favorite season. 🌸	Talk about what you usually eat for dinner. 🍝	Talk about your brother/sister. 😊 😊	ASK ANY QUESTION TO THE GROUP! ✨	Talk about what you do after school/work. 🎒
	Talk about a fun job. ☆	Talk about your favorite time of the day. 🕒	ASK ANY QUESTION TO THE GROUP! ✨	Talk about what you do in the afternoon. ☁️	Talk about what you like to do with your family. 👨‍👩‍👧	Talk about what you like to do with your friends. 👯

ROLL • TALK • SHARE • LISTEN • ENJOY!





I AM
GRATEFUL
FOR...



A PEEK INSIDE MY MIND

In these clouds, write down all of your thoughts and feelings that are having. They can be happy thoughts, sad thoughts, worried thoughts, excited thoughts!

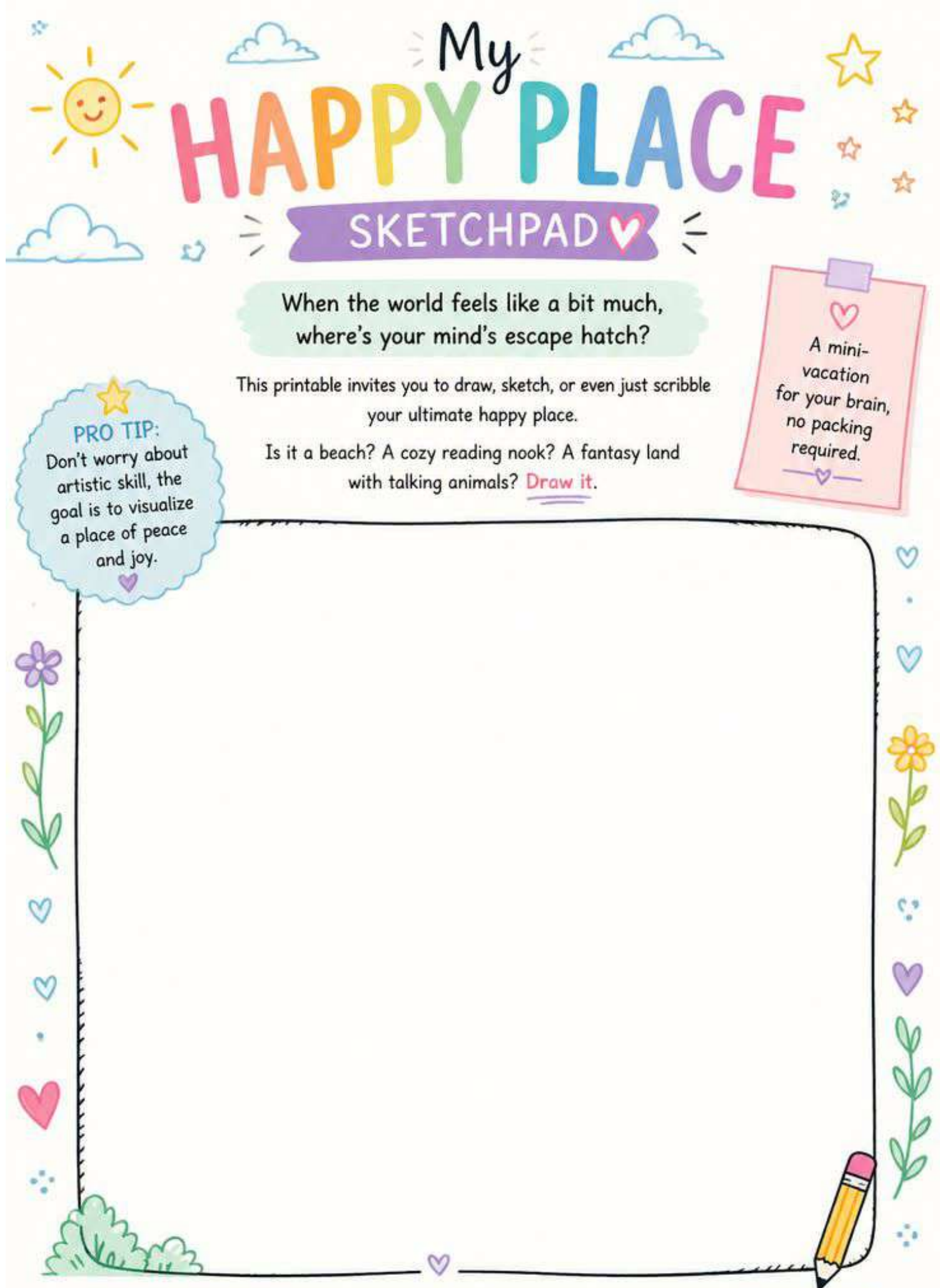


Fold along the
dotted line so
the two stars
touch.



The Feelings Forest





Emotions

WORD SEARCH

Solve the following puzzle by finding all the hidden words!

JOY

ANGER

SADNESS

FEAR

LOVE

SURPRISE

DISGUST

EXCITEMENT

NERVOUS

HAPPINESS

FRUSTRATION

ANXIETY

HOPE

CONFUSION

CALM

SHAME

ENVY

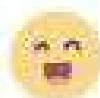
PRIDE

GRIEF

GUILT

TRUST

LONELINESS



HAPPY



SAD



EXCITED



CALM



TIRED



PROUD



JEALOUS



WORRIED



SURPRISED



SCARED



SHY



ANGRY



SILLY



SORE



LOVED



CONFUSED



