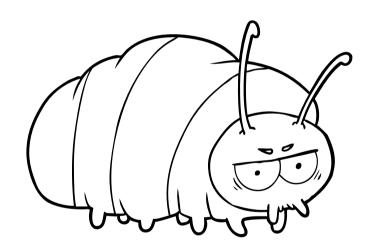
COLORING ACTIVITY

Mental Health America of Hawai`i

CHECK-IN BUG

TAKE A BREAK IF YOU FEEL SLEEPY OR SICK.





IT'S OKAY TO NOT FEEL OKAY. SHARE YOUR FEELINGS WITH OTHERS.

EXERCISE CAN HELP BURN OFF EXTRA ENERGY.

