

MY OFF TRAIL PROGRESS



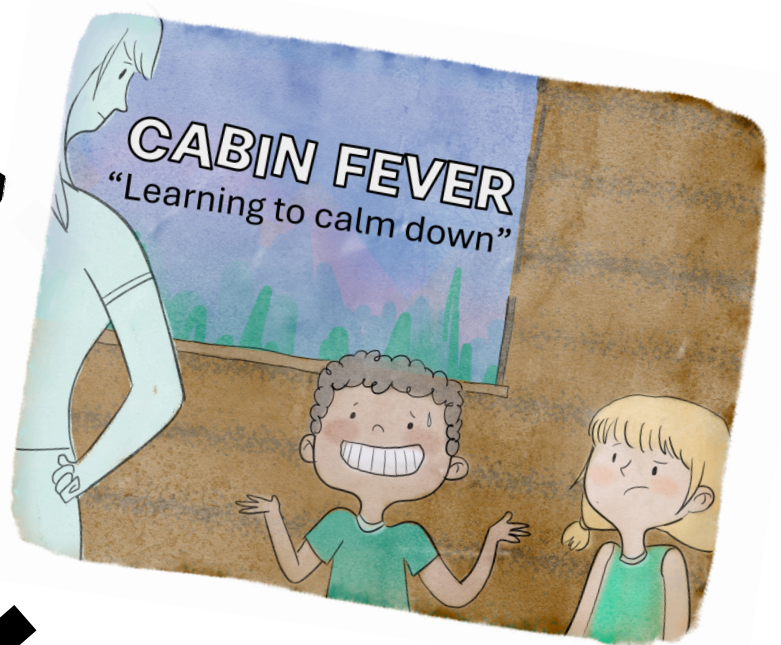
CHALLENGE #1



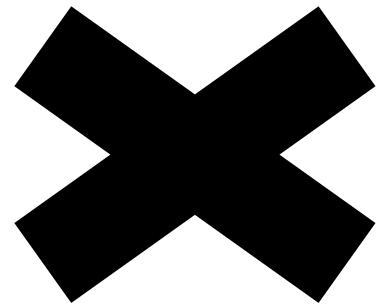
CHALLENGE #2



CHALLENGE #3



CHALLENGE #4



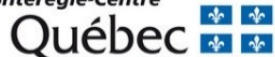
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MY

OFF

TRAIL

PROGRESS



To cut out and glue to the *My OFF-TRAIL Progress poster*, after each workshop.

CHALLENGE #1

CHALLENGE: Show your parents your emotion cards and explain how you can use them to talk about your emotions.



CHALLENGE #2

CHALLENGE: If you need help, ask the person you've drawn to help you.



CHALLENGE #3

CHALLENGE: Say something nice to three other students.



CHALLENGE #4

CHALLENGE: Ask someone to help you practise a trick to help you calm down.

