



EXCITED

# MENTAL HEALTH AMBASSADOR



ANGRY

By completing the *On Our Sleeves* Emotional Empowerment learning activities



SURPRISED



HAPPY

\_\_\_\_\_  
(Student name)

is a Mental Health Ambassador!



SAD

Mental Health Ambassadors know that sharing and talking about feelings is important.



SILLY



DISAPPOINTED

\_\_\_\_\_  
Teacher signature

\_\_\_\_\_  
Date



ANNOYED

## ON OUR SLEEVES®

The Movement for Children's Mental Health



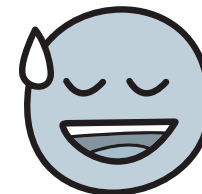
CONFUSED



NERVOUS



AFRAID



JOYFUL

