

## Grab & Go Tools

Simple learning activities to use as part of your everyday mental health practices at home and in the classroom.

## I in Image

Look through the images and choose one that you relate to, or that you are interested in. Take note of what the image number is, then in the class discussion share your answer about what your choice was and why you chose that image. Click below to download slides of these images:

**Google Slides** 

**PowerPoint** 























