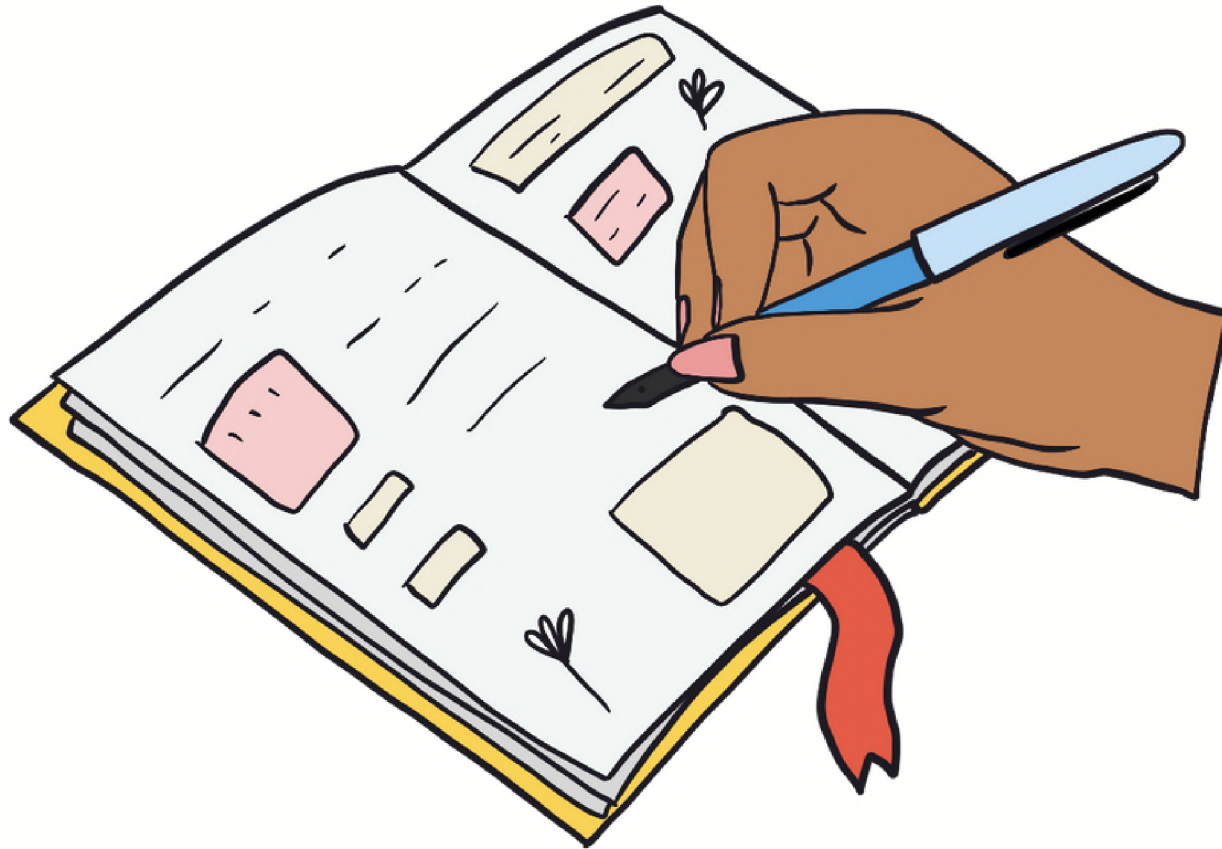


THIS IS WHAT MAKES ME THRIVE!

Throughout this school year, Thrival Kits has helped you find ways to protect and promote your mental health.
Draw, colour, write an activity you practice when you feel stressed.



When I feel stressed, I write in my journal.

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I want to THRIVE!

thrival kits™