

Spot the difference

There are 8 differences in the picture below. Can you find them all?

THE BIG
MENTAL HEALTH
GET TOGETHER



Answers: 1. Red butterfly is missing 2. Bucket with holes 3. Left flower is missing 4. Floor spots missing 5. House stripes missing 6. Different coloured shoes 7. Different coloured shoes 8. Flower on right is a different colour

If you have little ones in your life, you can use this activity to talk to them about mental health.

The pictures are based on the idea of a 'stress bucket'. When you experience different types of stress, your bucket fills up, so it's important to have activities (the "holes in the bucket") to help lighten the load.

This can be a useful way to start talking about wellbeing with children. Find out more about the stress bucket at mentalhealth-uk.org/blog/the-stress-bucket/