



Activity Card 1b : How are we doing

1. **Introduce** yourselves briefly saying name / school / role.
2. **Activity** : Thinking about your role as a Senior Mental Health Lead use the characters on the Blob Tree to find one which represents the following
 - i) How you are feeling this morning
 - ii) The progress you have made in developing your school's *whole school approach to mental health and wellbeing* e.g., by using the audit tools provided or other activity
3. **Feedback** What 3 words? Can you agree just 3 words that sum up your discussion?