

MENTAL HEALTH MADLIB

1. Name Here _____
2. Favorite Food _____
3. Verb _____
4. Good Adjective _____
5. Bad Adverb _____
6. Good Adverb _____
7. Good Adverb _____
8. Good Adverb _____
9. Bad Adverb _____
10. Good Adjective _____
11. Good Adjective _____
12. Good Adjective _____

MENTAL HEALTH MADLIB

HEY I'M [NAME HERE],

I AM THE GREATEST THING SINCE [FAVORITE FOOD].

NO ONE ELSE CAN [VERB] LIKE I CAN.

MY FRIENDS SAY I AM THE [GOOD ADJECTIVE]-EST PERSON IN THE WORLD.

SURE, SOMETIMES I AM [BAD ADVERB],

BUT I ALSO [GOOD ADVERB], [GOOD ADVERB] AND [GOOD ADVERB]

SO TODAY IS THE DAY I'M GOING TO STOP BEATING MYSELF UP FOR BEING [BAD ADVERB]

AND START LOVING MYSELF FOR BEING [GOOD ADJECTIVE], [GOOD ADJECTIVE] AND [GOOD ADJECTIVE]!