

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____]!