

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____]!