

## Health Scattegories Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p>Scattegories:</p> <ul style="list-style-type: none"><li>- In groups; a letter will be given and each group has to answer each of the categories given where the first letter has to be the one given</li><li>- To count up points, each team will say what they got for that category. If two or more teams had the same word, neither team will get the point.</li></ul>	<ul style="list-style-type: none"><li>- Scattegories cards</li><li>- Pencils</li></ul>

# Health Scattegories Activity Plan

Letter: \_\_\_\_\_

1. Something you do to de-stress	
2. A feeling	
3. Something you can control	
4. Something you do to relax	
5. Something you say to another person to help them smile	
6. A word to describe feeling tired	
7. A word to describe feeling sad	
8. A Part of your body that mental health can affect	
9. A sport	
10. Something you do to get your heart rate up	