



## Activity 6

# How Do I Act-Belong-Commit?

Think of all the activities that you do during the week and list them in the left hand column under “Activity”.

Now think about those activities. Are they examples of being ‘active’, ‘belonging’, or ‘committing’? Tick the appropriate boxes (you can tick more than one).

In the far right hand column give your reasons as to why you have ticked those boxes.

Activity	Act	Belong	Commit	Why

After you have completed this exercise, in pairs select two of you most favourite activities and discuss how these keep you mentally healthy.