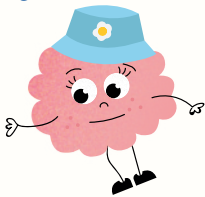


PURE  
MENTAL

# CHARACTER CARDS

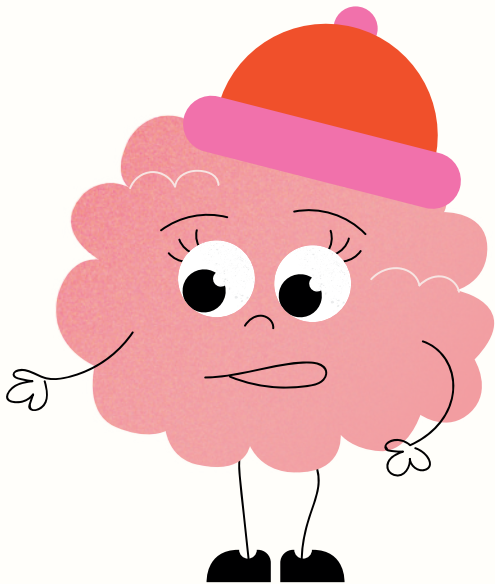
CALM



SAD

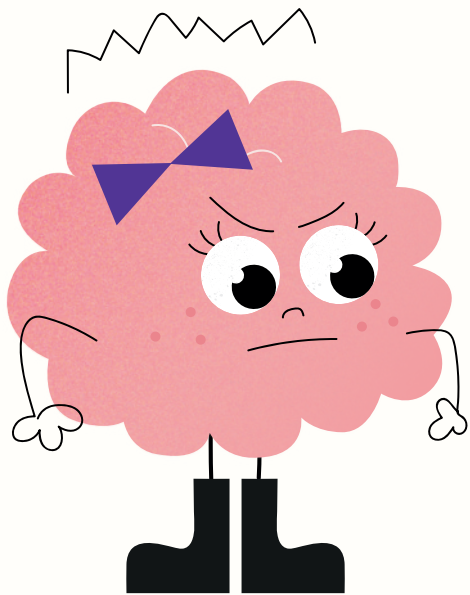


# UNDERSTANDING



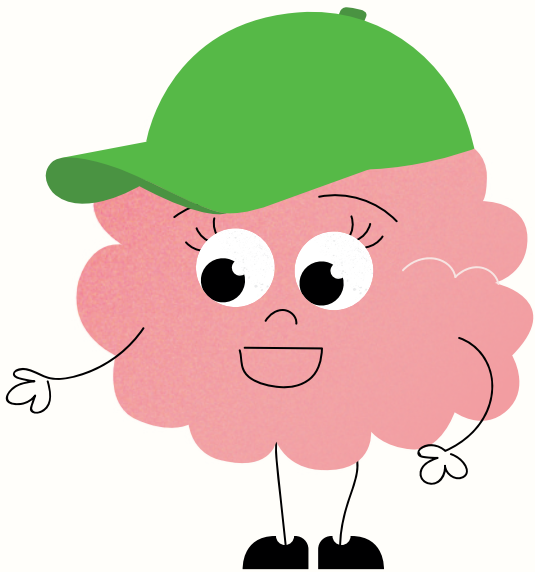
Hello, I'm Understanding.  
I am always there for my friends; I am someone  
they can talk to about anything! I don't always know  
the answer, but I try my best to help.

# BOSSY



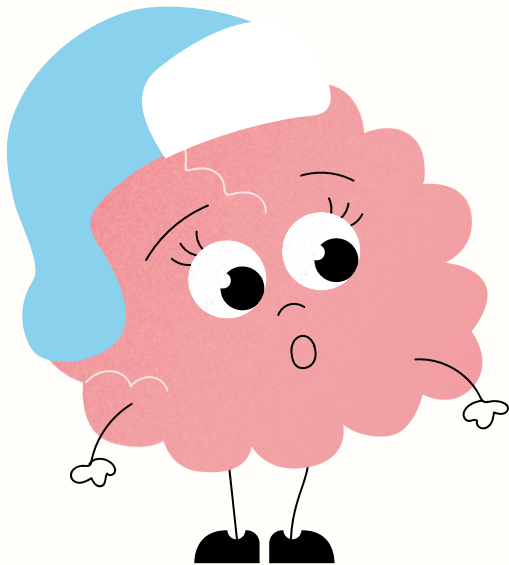
Hi! You can call me Bossy!  
If I want to play tag, we play tag and I get my  
friendsto join in with me. However, now I know that I  
should keep other people's ideas and feelings in  
mind when making decisions.

# CHATTY



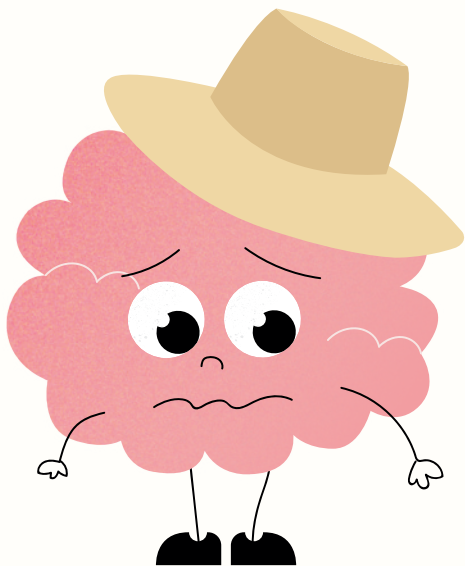
Hello! My name's Chatty!  
I like singing, playing games and hanging out with my  
friends. My hobbies are talking, whispering, and laughing.

# CARING



How are you? My name is Caring.  
I like to make sure all my friends and people close  
to me are happy and healthy. I ask others 'how they are?'  
and listen to them if they want to talk about it.

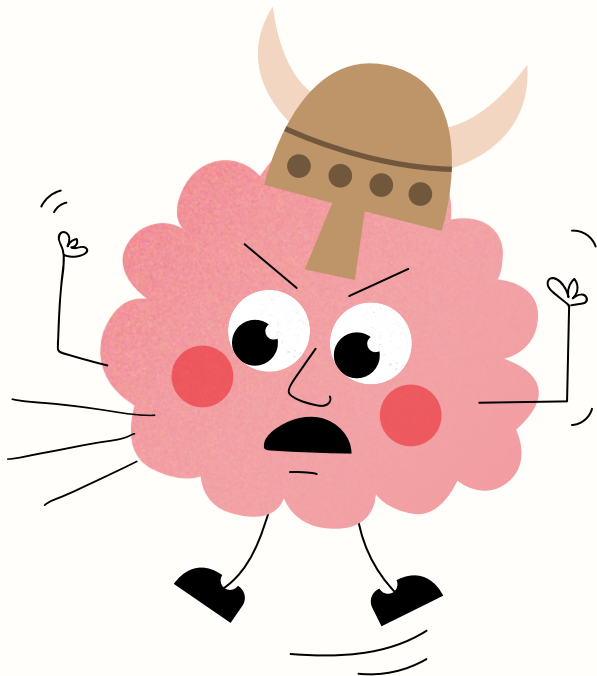
# STRESS



Hi, my name is Stress.

My head sometimes feels crazy, it feels like there is a lot going on in there. At times I also find it hard to make choices and these things can make me upset.

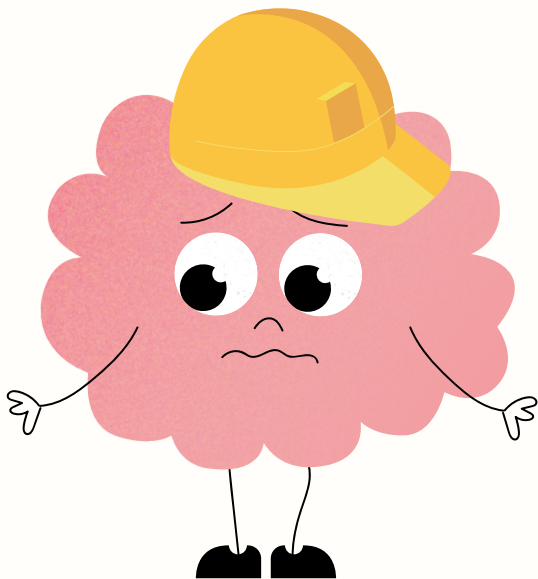
# ANGRY



Hello, my name is Angry.

I sometimes feel like there's a fire in my belly, this sometimes makes the rest of my body get all hot. I like to take time to myself or with someone I trust to take a few deep breaths and think about why I feel like this.

# WORRY

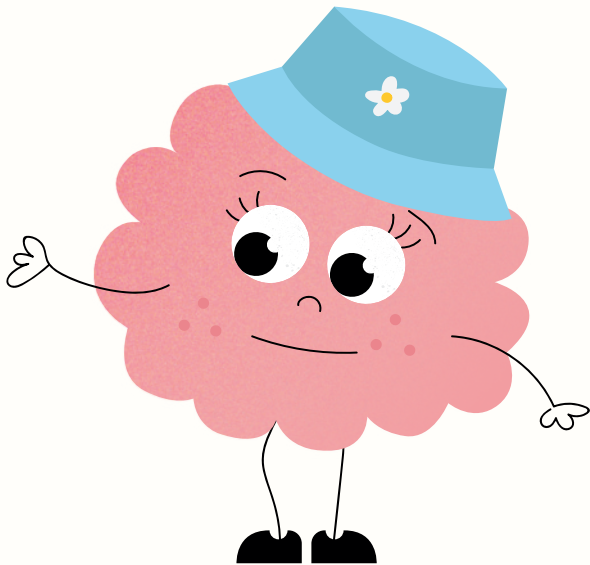


Hi, my name is Worry.

I think, and think, and think and think and sometimes this is amazing, and helps me get the answer in maths, but sometimes it makes me worry! It makes me worry about stuff that I can't do, or control. Worrying too much can make me cry and feel sad.



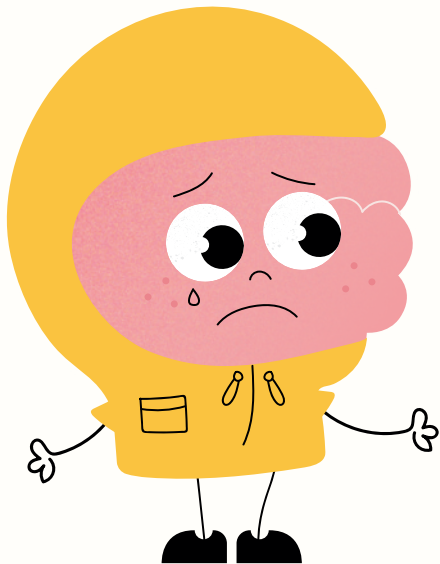
# CALM



Hi I am Calm.

I feel my best when Listening to my favourite music  
or when I am in the bath. I like to sit back and relax.  
I go with the flow and think before I act.

# SAD



Hey, my name is Sad.

I sometimes feel like I am going to cry, I know that it is okay to cry but I don't understand why I feel so sad. I have learnt that if I talk about how I feel, I might be able to find out why I am sad, and what caused me to feel like this.

# HAPPY



Hi! My name is Happy.  
I love it when I am laughing, and I always have the biggest smile on my face. Some things that I enjoy and make me happy are going to the beach, eating ice cream, and playing with my friends.

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MENTAL**

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