

Minds On Review Activity

Determine the number of cards required for your students who are present in class. This resource includes 30 cards (10 terms, 20 definitions/ examples).

Cut, shuffle, and distribute the cards to your students. Invite students to begin moving around the room to find their match(es).

Answer Key

Feeling well (3)	Maintaining a routine (sleeping on time, eating well, exercising)
	Going out with friends and chatting with them on your phone
	Feeling calm, happy, excited
Feeling unwell (2)	Assuming that other people might be thinking or feeling a certain way about you
	Not going out with friends or responding to their messages
Self awareness	means checking in with ourselves and noticing when our thoughts, emotions, and behaviors change
Emotional regulation (3)	Refers to finding ways to manage how we're thinking, feeling, and behaving
	Acknowledging what we are feeling.
	Identifying unhelpful thought patterns.
Self-stigma (2)	means negative attitudes that we might have about our own mental health struggles
	"My problem isn't big enough to talk to someone about it" is an example of ...
Self-compassion (2)	means showing yourself the same kindness as you would to a good friend
	Telling yourself, "You made a small mistake, but it doesn't mean you're a bad person" is an example of...
Self-care	anything that helps us take care of our mental, emotional, physical, or spiritual health
Competency (2)	Choosing something that you feel confident in doing
	Creative writing can give you a feeling of...
Control (2)	Finding something in your life you can be in charge of
	Creating a to-do list can give you a feeling of...
Community (2)	Engaging with activities that connect you to others and volunteer opportunities
	Joining a choir can give you a feeling of...

Feeling well (3)

Feeling unwell (2)



Self awareness

Emotional regulation (3)



Self-stigma (2)

Self-compassion (2)



Self-care

Competency (2)



Control (2)

Community (2)



Maintaining a routine (sleeping on time, eating well, exercising)

Going out with friends and chatting with them on your phone

Feeling calm, happy, excited

Assuming that other people
might be thinking or feeling
a certain way about you

Not going out with friends or re-
sponding to their messages

means checking in with ourselves
and noticing when our thoughts,
emotions, and behaviors change



Refers to finding ways to manage how we're thinking, feeling, and behaving

Acknowledging what we are feeling.



Identifying unhelpful thought patterns.

means negative attitudes that we
might have about our own mental
health struggles

“My problem isn’t big enough to talk to someone about it” is an example of ...

means showing yourself the same kindness as you would to a good friend

Telling yourself, “You made a small mistake, but it doesn’t mean you’re a bad person” is an example of...

anything that helps us take care of our mental, emotional, physical, or spiritual health

Choosing something that you feel
confident in doing

Creative writing can give
you a feeling of...

Finding something in your
life you can be in charge of

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Engaging with activities that
connect you to others and
volunteer opportunities

Joining a choir can give
you a feeling of...

