## small steps start big things







what helps you handle stressful times? art? sport? writing?



whose day will you make with a compliment?

who should you plan a catch up with?

what could you do with others this weekend?

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plan your study time? ¿utime?

how do you



## Sometimes, the biggest change starts with a small step.

Cut out the template to build your own small steps dice. When you're done, roll the dice and answer the questions to come up with healthy, simple day-to-day practices. You can play by yourself, or with family and friends.

Find more small steps at headspace.org.au/smallsteps

