

نشاط التطبيق

خطوات لتعزيز الصحة النفسية

Now it's your turn to do the Can-Do Statement! The purpose of this activity is for you to try doing the Can-Do Statement using what you've learned and prepared in the previous stages and then to reflect on what you still need to work on to do the Can-Do Statement.

Can-Do Statement:

Part 1: Create

Using the video [خطوات لتعزيز الصحة النفسية](#) as your guide, write at least three steps (aka pieces of advice - in Arabic!) you'd like to give your fellow classmates for strengthening mental health. Then, record a video of you saying these steps out loud. Use pictures if you want!

Part 2: Share

Share your steps to mental health with fellow students. Give feedback on other students' steps.

Part 3: Revise

Based on the feedback received and ideas you got from others, add some steps to your own steps to mental health (and make any other corrections as necessary).