

Mental Health

When my friends are feeling sad,
Sometimes they feel really bad,
I say try and find your happy place,
And put a smile upon your face.



Find a hobby you like to do,
You can always try something new,

Dancing, singing and playing sports,
Anything to give you happy thoughts.



Sleeping sweetly is a must,
Eating vegetables without disgust,
Talking to their friends help them too,
For mental health there's lots to do.

